

OTTAWA



Wednesday, February 23, 2011
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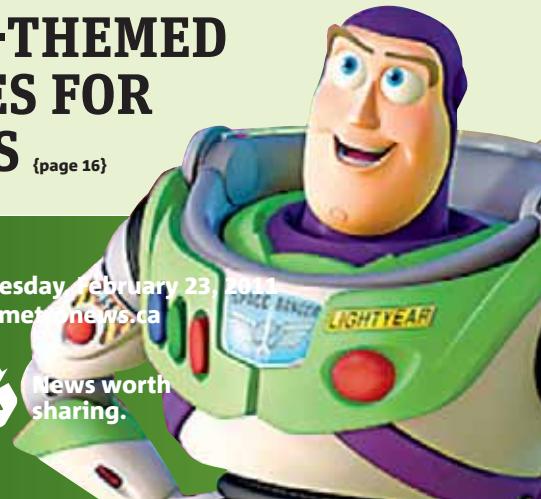


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OTTAWA

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Wednesday, February 23, 2011
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News worth
sharing.

Capital beset with protesters

► Stream of demonstrations hits capital over issues ranging from Beaver Pond forest to pro-democracy movements in Middle East ► RCMP, Ottawa police busy protecting diplomats, politicians, ensuring rallies stay peaceful

If it seems like political protests are becoming an everyday occurrence in Ottawa, it isn't your imagination.

Ottawa police say there has been a sharp

increase in protest activity since Jan. 1.

"This year there have been 57 protests between January 1 and February 22," said Ottawa police spokesman Const. Henri Lanctot. "Ever since Tunisia and Egypt

there has been a spike in terms of demonstrations."

In the same period last year there were 42 demonstrations. In 2009 there were only 39.

Yesterday Ottawa hosted not one, but

two protests. Canadians of Libyan and Armenian ancestry mounted two separate lunch-hour protests blocks from each other. Demonstrators at the Libyan protest said another rally is planned for Saturday on Parliament Hill. ■ SEAN MCKIBBON



Ace. Of hearts

► Ontario skip Rachel Homan, of Ottawa, delivers a rock against Saskatchewan in the afternoon draw at the 2011 Tournament of Hearts in Charlottetown, P.E.I., yesterday.

FRANK GUNN/THE CANADIAN PRESS

Libya

Gadhafi radiates defiance

► Leader tells supporters to take to the streets ► Vows to fight to his 'last drop of blood' {page 10}

Cyrus vs. Cyrus escalates

Miley said to be furious over dad's recent comments {page 18}

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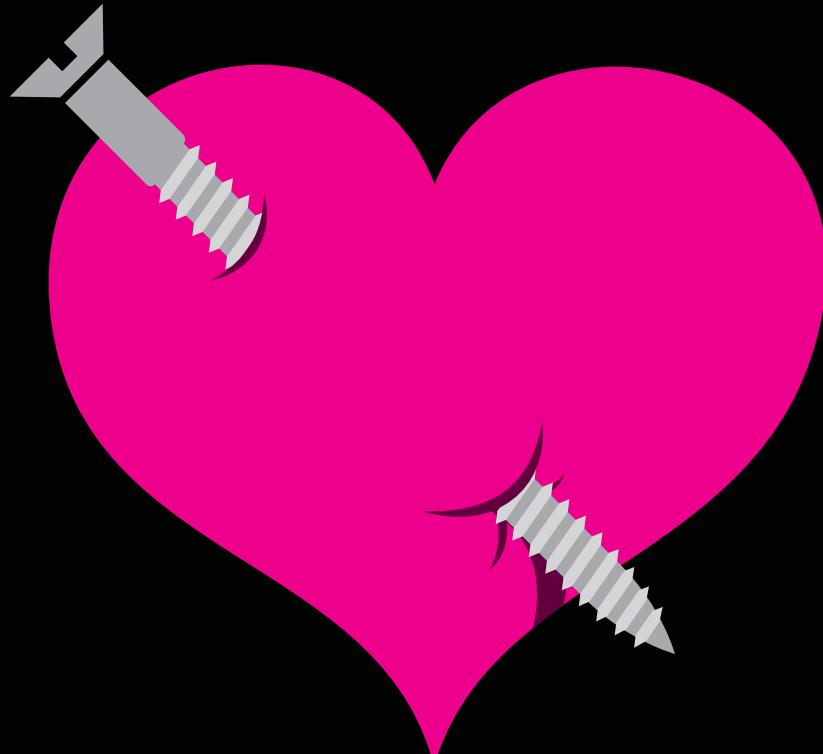
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Local director thrilled to debut locally shot thriller

Brooks Hunter grew up in Ottawa making movies. At 15 he won a year's supply of Kraft Dinner in a film contest.

Now 27, he's home to premiere his first full-length feature thriller, Kenneyville, at the Mayfair Theatre on Thursday, and the guest list is full of those who have watched his progress.

"What I'm really excited

about is especially being able to bring in family and friends who have been involved with stuff, even for a couple of decades now, growing up, elementary school films, high school films, so it's going to be awesome to have all that intimate support and energy in the air for sure," Hunter said.

He's also got business support. Kenneyville, made

for \$300,000, has been picked up by Los Angeles-based CUT Entertainment for distribution.

Tomorrow night's 6:30 screening will be followed by a panel discussion featuring Hunter, Ottawa actor Nick Maiorino, who stars in Kenneyville, and sound engineer Dylan Argument, with an after-party at the Barley Mow.

● STEVE COLLINS



► Left to right: Doran Damon, Vanessa Broze and Dany Gehshan in a scene from the thriller Kenneyville.

1
news



Prominent official decries "ethical bankruptcy" in public health. Scan code for the story.

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Allan Small offers his investment primer for RRSP season. More at [metroneWS.ca/investing](#)

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Culture the crux of Armenian protest

► Accusations fly on both sides of Armenian-Azerbaijani conflict



SEAN
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This is about preservation of culture, preservation of history.

HAIK KAZARIAN OF GATINEAU

Armenian Canadians gathered outside the Azerbaijan Embassy yesterday to denounce alleged acts of aggression, war crimes and destruction of cultural sites, but their chants were met with counter-accusations by Azerbaijan's ambassador to Canada.

"There have been constant war threats by members of the Azerbaijan government ever since the ceasefire of 1994. There have been murders, constant aggression," said Rupen Janbazian, one of the organizers of the protest that saw a shouting, placard-waving crowd march down Slater Street.

Janbazian said the protesters were particularly upset with the ongoing destruction of ethnic Armenian cultural sites in occupied territories. However, he added, "Maybe there have been a few incidents on both sides."



► A protester stands with an Armenian flag in front of a Styrofoam replica of a "katchkar," ancient grave markers allegedly destroyed by Azerbaijan. The protest marks the sixth anniversary of the destruction of the stone crosses.

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Cat has one extra life

A fire started in the kitchen of a fifth-floor unit at 2080 Russell Rd. where a pot had been left unattended. The occupant wasn't home but his pets were. A dog was in the bedroom and got out when firefighters opened the door. The cat was found unresponsive and resuscitated with an oxygen mask.

Carleton gives honorary degree

► 'I'm an honorary citizen of Canada and I take great pride in that,' says Aung San Suu Kyi



JOE LOFARO
@METRONEWS.CA

Carleton University gave Burmese pro-democracy leader Aung San Suu Kyi an honorary law degree yesterday — in absentia.

The Nobel Peace Prize laureate has spent most of the past 20 years in some form of detention as a result of her efforts to spread democracy in the military-led nation formerly known as Burma.

"It gives me great pleasure to thank the University of Carleton for the honorary degree of law which they are conferring on me," said Ms. Suu Kyi in a videotaped thank you message to the university. "I have been aware of the great work the students of the university have done to help the



movement for democracy in Burma."

Former Conservative MP, Flora MacDonald witnessed the incredible adoration that the Burmese people had for Ms. Suu Kyi during a visit to Burma several years ago.

"You can't have that sort of following unless you inspire love, gratitude, and determination," said MacDonald.

"Aung San Suu Kyi is an inspiration to everybody who is striving for their own personal freedom."

Retire Your Ride deal about to expire

Time is running out for drivers to get a little extra cash for an old clunker at the wrecking yard.

As of March 1, the federal government's Retire Your Ride program, which saw drivers get \$300 in cash, \$490 off the price of a new bike or up to \$2,000 in trade-in incentives, will be gone.

To qualify cars must be 1995 models or older and insured. For more info go to retireyourride.ca.

Program manager Rebecca Spring said the program was never meant to be permanent, but proved extremely popular, and exceeded its initial target for cars taken off the road.

● SEAN MCKIBBON

125,000
old, pollution-spewing cars have been taken off the road through the program.

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By **Steve Geist**
President
CIBC Asset Management

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need for income or long-term portfolio growth or a balance of both. This diversification can be among bonds and stocks, and also in Canadian investments and investments from other parts of the world. Proper diversification tends to reduce the volatility – the ups and downs of investment returns in your total portfolio – yet still enables you to benefit from the gains of each asset class when they perform well.

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Shocking electricity bills

► Already reeling Ontario ratepayers should brace for more hikes ► Opposition questions policy

The Liberal government has been under non-stop attack over rising electricity rates, especially since the HST was added to hydro bills last July. But Premier Dalton McGuinty said yesterday he wouldn't be directing the energy board on Ontario Power Generation's rate request — 6.2 per cent increase in its electricity rates effective March 1.

"The OPG request is the kind of thing that will have to be considered by the Ontario Energy Board," said McGuinty.

The Ontario Energy Board agreed yesterday to let utilities raise rates to recover \$18 million they paid in fines and legal costs after charging consumers excessive interest on late payments.

"To deny the utilities recovery would be to impose on their shareholders, typ-

ically the municipalities in which they operate, costs which they were compelled to incur," the energy board wrote in its decision.

Hydro One, the giant transmission utility that also acts as a local distribution company for

"We recognize that some Ontario families are experiencing financial difficulties and having problems paying their utility bills," wrote Hydro One's manager of public affairs, Enza Cancilla, Jan. 27.

"We encourage these customers in particular to contact our customer communication centre to discuss payment arrangements and avoid potential disconnection of service."

Soaring hydro bills have already prompted the Liberals to introduce 10 per cent rebates this year, but they're still on the defensive after admitting electricity prices would rise 46 per cent over five years.

THE CANADIAN PRESS

Rates on the rise

In the legislature, the Progressive Conservatives accused McGuinty of treating Ontario families "like they're bottomless ATM machines" when it comes to electricity bills.

► The New Democrats are predicting increasing electricity bills will cost the Liberals seats in the Oct. 6 election, and said the OPG rate hike would have a major impact on consumers.



► Progressive Conservative Leader Tim Hudak questions Premier Dalton McGuinty on his energy policy during the first day back of question period.

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Energy: Rates rising fast

Ontario Power Generation produces two-thirds of the province's electricity, 70 per cent of which is subject to regulated prices set by the energy board.

OPG says a 6.2 per cent increase for its regulated output from nuclear plants and large hydro stations would add about \$1.86 to a typical homeowner's monthly hydro bill.

OPG is seeking 3.7 cents a kilowatt hour for power generated by its stations.

THE CANADIAN PRESS

News in brief



► Labour Minister Charles Sousa

Grits side with T.O. on transit

STRIKES. Ontario's Liberal government moved yesterday to take away the right to strike from public transit workers in Toronto, angering union members with a bill to declare the city's transit system an essential service.

Bob Kinnear, president of Amalgamated Transit Union Local 113, said the bill should not be rushed through, and claimed it is all about union busting by Toronto's new Mayor Rob Ford.

THE CANADIAN PRESS

Ill infant's fate still uncertain

LIFE SUPPORT. A London, Ont., hospital has asked Ontario's public guardian's office for consent to remove a

Windsor baby from life support as the infant's family waits to learn if he can be transferred to a U.S. hospital.

However the London Health Sciences Centre says it won't take any further steps in Joseph Maraachli's case until it hears whether the Children's Hospital of Michigan will take him on as a patient.

Moe Maraachli and his wife, Sana Nader, defied an Ontario Superior Court order Monday morning that ordered them to consent to removing their terminally ill 13-month-old son from a ventilator at the hospital, where he's been since October.

THE CANADIAN PRESS

Found: Escaped murderer

BACK IN JAIL. A convicted murderer who failed to return after leaving on an unescorted pass from a correction centre in Gravenhurst, Ont., is back in custody.

Ashley Crawford failed to return Friday to the minimum-security Beaver Creek Correctional Institution.

Officials say Crawford was arrested without incident Monday night at a Toronto rooming house.

THE CANADIAN PRESS

Steady growth expected for Canada's cities

Canadian cities will experience mostly moderate growth in 2011, according to the Conference Board of Canada.

The Ottawa-based think-tank's newest outlook for 27 Canadian municipalities says only a third can expect a stronger pace of growth than in 2010.

However, all 27 of the municipalities studied are projected to have economies that continue to expand.

Windsor, Ont., benefiting from a rebound in the auto sector and construction of the Windsor-Essex Parkway, is projected to top the country with a 3.9 per cent growth rate this year. That comes atop a strong, 3.5 per cent rebound in 2010.

THE CANADIAN PRESS

2.4

The Conference Board of Canada forecasts growth for Ottawa-Gatineau at 2.4 per cent.



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Quake rescue goes on

► More than a hundred people thought to be trapped in Christchurch, N.Z., rubble ► Some communicating by cellphone

Details

- Tour guides at the Tasman Glacier in the Southern Alps say the quake shook some 30 million tons of ice off the glacier, forming icebergs in the lake. The falling ice created waves up to 3.5-metres high, which swept up and down the lake for 30 minutes.
- Christchurch's airport was closed for a time, and re-opened for emergency flights. Officials said domestic flights would resume today.
- A more powerful 7.1 magnitude earthquake hit Christchurch, a city of 350,000, on Sept. 4, but caused no deaths. The U.S. Geological Survey said this quake was an aftershock from September's tremor.
- New Zealand's worst earthquake struck in 1931 at Hawke's Bay on the country's North Island, which killed at least 256 people.

Some screamed from inside collapsed buildings. One woman used her mobile phone to call her children to say goodbye. Others tapped on the rubble to communicate with those on the outside.

Search teams using dogs, heavy cranes and earth movers worked through dawn in one of New Zealand's largest cities, trying frantically to find survivors amid the crumbled concrete, twisted metal and huge mounds of brick left by a

powerful earthquake.

But they fear that the death toll — officially at least 75 as of press time — could quickly rise, ranking the disaster among the island nation's worst earthquakes in 80 years. Officials say at least 100 more people are missing.

"There are bodies littering the streets, they are trapped in cars, crushed under rubble and where they are clearly deceased our focus ... has turned to the living," Supt. Russell Gibson said.

"We are getting texts and tapping sounds from some of these buildings and that's where our focus is."

Thousands of people in the city moved into temporary shelters at schools and community halls. Others, including tourists who had abandoned their hotels, huddled in hastily pitched tents and under plastic sheeting as drizzling rain fell, while the Red Cross tried to find them accommodations.

THE ASSOCIATED PRESS

Harper offers aid to N.Z.

Prime Minister Stephen Harper offered Canada's help to New Zealand yesterday after a devastating earthquake killed dozens of people.

Harper said all Canadi-

ans extend their condolences to those affected, and added that he has a personal connection to the country. His wife, Laureen, lived in Christchurch as a young girl and his family still has friends there that they are trying to contact, Harper said, adding he is making official contact with New Zealand's prime minister

to offer assistance. Friends and relatives seeking information on Canadian citizens believed to be in the affected areas have been urged to contact the Foreign Affairs Department. The department said yesterday it had no reports of any Canadians affected by the 6.3-magnitude quake.

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AIR FORCE

Choppers pose 'risk': Study

A Defence Department study says it's risky for the air force to continue using Griffon helicopters for search and rescue in Central Canada.

The review by the chief of air force development cites limitations of the CH-146, pressed into service in 2005 at Canadian Forces Base Trenton,

Ont., because the military's principal search helicopter is often not available.

The air force intends to keep using the Griffon at the base until at least 2014, say briefing notes for Defence Minister Peter MacKay.

But the 2009 air force study, obtained under the Access to Information Act, said the helicopter's "capabilities are challenged" when employed as a frontline rescue aircraft and its use constitutes a "risk."

THE CANADIAN PRESS

Ointment could treat osteoporosis

Nitroglycerin ointment applied by post-menopausal women modestly increased bone mineral density and decreased bone loss, according to results of a Canadian study published yesterday. Now the nitroglycerin ointment is being looked at as a possible treatment for osteoporosis.

THE CANADIAN PRESS

Tories downplay crime report

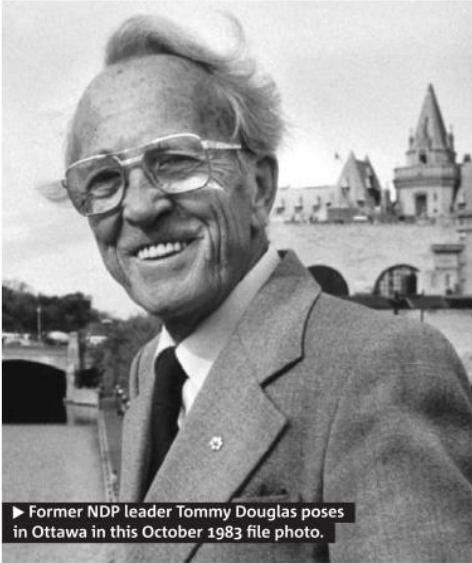
Public Safety Minister Vic Toews is downplaying a report that slams his government's prison-expanding agenda as a denial of falling crime rates. The report was published yesterday by Toronto criminal lawyer Edward Greenspan and criminologist Anthony Doob of the University of Toronto.

THE CANADIAN PRESS

Former RCMP officer recalls Cold War hunt

- Communist hunt prompted intense monitoring of groups: Former Mountie
- More than one-third of pages in RCMP files remain completely blacked out

CHRIS SCHWARZ/THE CANADIAN PRESS



► Former NDP leader Tommy Douglas poses in Ottawa in this October 1983 file photo.

He doesn't remember signing off on the secret memos more than 40 years ago.

But retired Mountie Ed Witherden vividly recalls the Cold War hunt for Communist infiltrators that spawned the classified documents found in the RCMP's thick file on fabled politician Tommy Douglas.

"We were looking at people who we thought were trying to overthrow the government — through working with the Communists, or the anarchists, the Trotskyists, the whole crew," Witherden, 80, said in an interview. "And it was a pretty broad brush treatment. Bear in mind the instructions we had from the government were limited. There weren't the constraints that there are now. So, yeah, we sent people out to watch protest move-

"I thought we were earning our money, and I thought we were providing a useful service to the Canadian citizenry."

ED WITHERDEN, RETIRED MOUNTIE

ments."

Witherden, then an Ottawa staff inspector in the RCMP Security Service, passed along several reports to headquarters in 1966-67 on the anti-Vietnam War movement and a Marxist-Christian discussion group.

Douglas, who was adamantly opposed to the Vietnam conflict and mingled with countless left-wing activists, is mentioned in all of the memos.

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\$106***
Bi-weekly

07 Mazda3 GT Sport

• Lood, Roof, A/C, Std
• st: PR0447
• km: 77798
\$11,450
\$106***
Bi-weekly

05 Toyota Matrix

• Pwr, A/C, CD, Auto
• st: PR0449
• km: 97205
\$9,840
\$105***
Bi-weekly

07 Mazda5 GS

• Lood, A/C, ABS, Auto
• st: PR0478
• km: 78101
\$10,950
\$101***
Bi-weekly

09 Kia Rio EX

• Pwr, A/C, CD, Auto
• st: PR0482
• km: 55711
\$9,960
\$94***
Bi-weekly

07 Dodge Calibre SXT

• Lood, A/C, ABS, Auto
• st: PR0470
• km: 79758
\$9,840
\$91***
Bi-weekly

07 Hyundai Sonata GL

• Pwr, A/C, ABS, Auto
• st: PR0446
• km: 85729
\$9,860
\$91***
Bi-weekly

08 Nissan Versa

• Hatchback, Pwr, A/C, Auto
• st: PR0398
• km: 56571
\$10,950
\$90***
Bi-weekly

07 Volkswagen Golf

• 5 doors, A/C, CD, Std
• st: PR0471
• km: 71402
\$9,450
\$87***
Bi-weekly

07 Pontiac Vibe

• Pwr, A/C, ABS, Std
• st: R10233A
• km: 99170
\$8,990
\$83***
Bi-weekly

07 Toyota Yaris

• Hatchback, CD, Std
• st: PR0460
• km: 77412
\$7,950
\$76***
Bi-weekly

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Man married to nun ordained Catholic priest

In 1950, then pope first allowed clergymen who had converted to Catholicism to remain married: Archdiocese

In a rare move that needed the Pope's approval, a Lutheran convert was ordained yesterday as a Catholic priest in Germany and is being allowed to remain married to his wife — who has already become a nun.

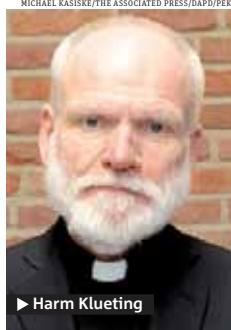
Harm Klouting, 61, was ordained by Archbishop Joachim Cardinal Meisner in a private ceremony at the city's seminary, the Cologne archdiocese said.

Pope Benedict XVI gave Klouting special permission to remain married to his wife, Edeltraut Klouting, who became a Catholic Carmelite nun in 2004.

The Rev. Federico Lombardi, the Vatican's chief spokesman, said the exception is rare but there have been similar cases.

"It doesn't happen every day," he said.

Klouting and his wife were Lutherans when they



Harm Klouting

married in 1977 and both served as Lutheran clerics before converting to Catholicism several years ago. They have two grown children.

The Cologne archdiocese said in a statement that the couple would not have to take the traditional vow of celibacy as long as they remain married — a highly unusual move since celibacy is normally

a key requirement for Catholic priests.

Klouting and his family could not be reached for comment, and it was not clear whether they still live together as a couple.

Lombardi said he didn't have any specific information about the Kloutings, including what the Pope said about the case.

Klouting is a professor for historical theology at the University of Cologne and teaches Catholic theology at Fribourg University in Switzerland. From now on, he also will provide services as a spiritual counsellor for university students.

The archdiocese published pictures of the ordination ceremony showing Klouting with short grey hair and a beard, wearing a simple white priest vestment as he received his blessings from Meisner.

THE ASSOCIATED PRESS

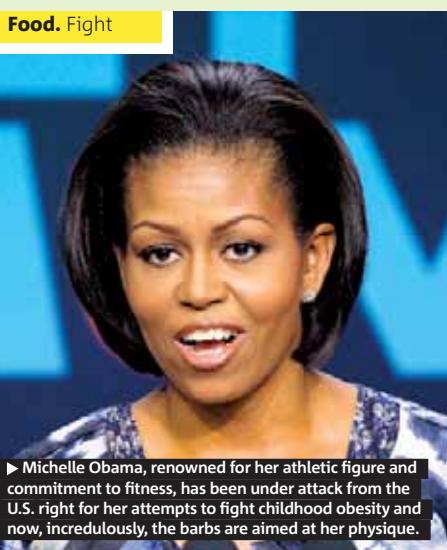
Charges laid after man fires off rounds

RCMP in Alberta say a man who had been drinking fired 15 rounds from a shotgun inside his apartment, but no one called for help.

Two shots were also fired out the kitchen window into a parking lot in Whitecourt.

A bleeding man, who claimed he had three guns strapped to his body, eventually walked to the detachment. He was arrested and charged with mischief and careless use of a firearm.

Cody Wayne Hunter-Hooper, 23, was to make a court appearance yesterday. THE CANADIAN PRESS



Michelle Obama, renowned for her athletic figure and commitment to fitness, has been under attack from the U.S. right for her attempts to fight childhood obesity and now, incredulously, the barbs are aimed at her physique.

CAROLYN KASTE/THE ASSOCIATED PRESS FILE

A big fat hypocrite?

Rush Limbaugh, himself overweight, and other conservative commentators have stepped up their attacks on Michelle Obama. Obama, they say, is a hypocrite who isn't following her own advice when it comes to staying healthy, referring to a meal of short ribs that she enjoyed over the weekend on a skiing break in Colorado with her children. The meal, in fact, was a healthy one consisting of a five-ounce serving of meat braised until most of the fat cooked off. It weighed in at 600 calories, restaurant owner Kelly Liken said. THE CANADIAN PRESS

8

Officers seized eight long-barrel firearms and 3,000 rounds of ammunition from the apartment.

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Cuba	89.9¢/min	Pakistan	5.9¢/min	U.K.	2.9¢/min
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GASOLINE RALLY

No price shocks at pumps

Canadian gasoline prices will stay high but stable amid political unrest in the oil-rich Middle East, analysts say.

The national average for a litre of regular gas in Canada yesterday was \$1.13, price-monitoring website Gasbuddy.com reports. That's up about 14 per cent from the same time last year but little changed from a month ago, when political tension heightened in the Arab world.

Gas prices here have stayed relatively stable

even as oil prices have soared to \$94.80 US per barrel yesterday, the highest level in more than two years.

The North American supply of crude oil is high right now, keeping prices lower than in other parts of the world, said Chris Feltin, oil and gas equities analyst of Macquarie Research in Calgary.

"Canada is not reliant on international producers to supply us with gasoline. The gas that we consume here in Canada is from crude that we produce within our own borders," Feltin said.

"Oil inventories remain healthy and we shouldn't expect to see a major price shock in the near term," he said.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas
			1,000 cu ft \$3.83 (- 4.3¢)
-120.4 14,002.80	+0.50¢ (100.92¢ US)	+\$5.09 US (\$94.80 US)	Gold contracts \$1,400.70 (+ \$12.10)

PHOTO BY AP/WIDEWORLD



► Molson won the first period in the NHL sponsorship game, but rival Labatt is vowing to drop the mitts.

NOTICE OF ANNUAL MEETING

The Annual Meeting of Alterna Savings and Credit Union Limited (Alterna Savings) will be held on Wednesday, April 13, 2011 at the Metro Toronto Convention Centre, North Building, 255 Front Street West, Toronto, Ontario, and will be simultaneously transmitted via video conference to the Hampton Inn Ottawa & Conference Centre, 200 Coventry Road, Ottawa, Ontario. Registration will start at 5:00 p.m. and the meeting will start at 6:00 p.m.

The Annual Meeting is being held to:

1. Receive reports.
2. Receive information respecting the financial position of Alterna Savings and the results of its operations.
3. Appoint an auditor.
4. Elect directors.

More information on the agenda, the Board candidates and the recommendation of the Nominating Committee will be available at www.alterna.ca and at Alterna Savings branches on February 23, 2011. The audited financial statements, the report of the Finance and Audit Committee and the report of the external auditor will be available at the Alterna Savings branches and offices and at www.alterna.ca on April 1, 2011.

The members of record of Alterna Savings as of February 16, 2011 and 18 years of age or more may cast their ballot on the election of directors by using one of the following methods:

- Electronic vote, available from March 1 to April 8, 2011 at www.alterna.ca;
- In-branch vote at all branches of Alterna Savings, from March 1 to April 8, 2011, during normal business hours;
- In person at the April 13, 2011 Annual Meeting in Ottawa or in Toronto.

Members will need a passcode in order to vote electronically. Passcodes will be available through your Alterna representative beginning March 1, 2011.

Members will be requested to present identification to be eligible to vote.

Madeleine Brillant
Corporate Secretary
February 23, 2011

Alterna Savings

Molson takes Labatt to the boards as 'official beer' of the NHL

Molson Canadian is set to become the official beer of the NHL — but not if Labatt has anything to say about it.

In a deal announced yesterday, Molson has signed on for what is believed to be the most lucrative sponsorship in league history. Terms of the seven-year deal weren't disclosed, but a source said it came in at slightly more than \$375 million US.

The agreement with brewers Molson Coors in Canada and MillerCoors in the U.S. will see the sister companies heavily represented across the NHL calendar starting next season.

"Molson Canadian is really synonymous with hockey ... so this is a really nice fit with what the brand is all about," said Dave Perkins, president and CEO of Molson Coors Canada.

"It's a monster deal. (Molson is) going to have major positions across all of our events."

JOHN COLLINS,
CHIEF OPERATING OFFICER, NHL

But Labatt Breweries of Canada, the official beer sponsor of the NHL for more than a decade, said it may consider legal action, insisting Labatt and the NHL had agreed on the terms to renew its sponsorship deal until 2014.

"We have an agreement with the league and are pursuing all legal remedies to enforce this agreement," said Charlie Angelacos, Labatt's vice-president of corporate affairs. "We will pursue this aggressively."

THE CANADIAN PRESS

Low December retail sales erode confidence

Canadian shoppers ended 2010 on a miserly note, adding some uncertainty about the strength of the economic recovery.

Retail sales edged down 0.2 per cent to \$37.3 billion in December, while sales volumes fell 0.4 per cent.

But some analysts weren't ready to scale back their recent revisions on Canadian GDP estimates. The consensus calls for fourth-quarter growth to come in at three per cent, and an even stronger start to 2011.

There were extenuating circumstances, the economists said, including the cold weather and the fact that many Canadians did their Christmas shopping in November, taking advantage of deep discounts.

The big negative in December retail data was, as expected, new auto sales,

which fell 2.7 per cent, ending a series of seven straight monthly gains. Excluding autos, sales rose 0.6 per cent, but most of that was due to higher gasoline prices.

Other observers saw the fourth quarter as chiefly a November surge, followed by a weak December.

Scotiabank economist Derek Holt noted that, along with retail sales, real manufacturing shipments, housing starts and hours worked all turned negative during the last month of 2010.

"One cannot rule out a negative print for December GDP growth over November and that would erode some of the mild confidence (for the economy)," Holt said.

Economist Emanuella Enenajor with CIBC noted that Statistics Canada has

"Keep in mind that a lot of Canadian retailers tried to match their U.S. counterparts with so-called Black Friday discounts, and that may have pulled some sales forward (into November instead of December)."

Douglas Porter,
BMO CAPITAL MARKETS

already reported that auto sales were on the mend in January, rising three per cent.

Other signs point to improving prospects for the economy, particularly the strong rebound already underway in the U.S., which should lift exports in Canada. THE CANADIAN PRESS

Canadian iVillage to launch

Online media site iVillage and Rogers Media will partner to launch a Canadian version of the popular

women's website.

Rogers will operate iVillage.ca, which allows women to connect, share advice and read about parenting, health, food and entertainment.

The Toronto-based media company said a team of editors and writers in Canada will offer

content from iVillage.com, iVillage.co.uk and from Rogers' media properties such as Chatelaine.com, sweetspot.ca and Citytv.

It's the first major international partnership for New York-based iVillage since it launched its U.K. site in 2000.

THE CANADIAN PRESS

FAMILY HAS BECOME A ROYAL BORE

Just sayin'

PAUL SULLIVAN



Is it just me or is this Kate Middleton/Prince William/Colin Firth edition of the British Royal Family really boring?

Whatever happened to the scandal-ridden good old days of Sarah Ferguson, the "Duchess of Pork," Prince Andrew, Prince Charles and Camilla Parker-Bowles, oh my, not to mention Dodi Fayed and the tragic Princess Di?

That stuff was a thrill a minute. Remember when Charles was caught imagining himself as a tampon in Camilla's "trousers?" A sublime combination of titillating and disgusting — those were the days.

Now, all of a sudden, Britain's foremost dysfunctional family is getting a radical makeover. William and Kate are perfect, well-behaved and beautiful. Neither has been caught getting his or her toes sucked, having an affair with a dashing cavalry major, or offering "access" to Prince Andrew for the equivalent of \$720,000.

And adding insult to injury, the latest English stuffed-costume drama, *The King's Speech*, turns George VI's speech impediment into an adventure worthy of the quest for the Holy Grail, starring Firth. It manages to redeem the entire Royal Family by elevating the good son, Albert, over the bad son, Edward. And, of course, Albert — George VI — was Queen Elizabeth's father. Good breeding and all that.

For years, good Queen Bess

used to stomp around this or that royal pile with the corgis, grumbling about her wayward children. But now, in her dotage, the next generation has come off the bench and saved the day. Hooray for England!

Bah.

Still, we who thirst for royal scandals can "keep our peckers up," as my English grandmother used to say to a chorus of stifled guffaws. Prince Charles and his *Camilla horribilis* refuse to go away. He still wants awfully to be king even though the entire known universe prefers Wills and Kates.

And then there's Harry, William's kid brother, and a real scandal looking for a place to erupt. Even though he's still younger than 30, he has managed to offend ... everyone. Referring to a Pakistani commander as a

"raghead," smoking marijuana and getting into a fight with a photographer outside a nightclub — all good. But he displayed world-class bad taste when he turned up at a party in Nazi brownshirt regalia, evoking memories of his great grand uncle Edward's fondness for Hitler and his legendary capacity for making the trains run on time.

For now, though, someone has got Harry, Fergie, Andy, Charles and Camilla, etc., on a short leash, and Kate and Wills and honorary Windsor Colin are having their moment in the spotlight.

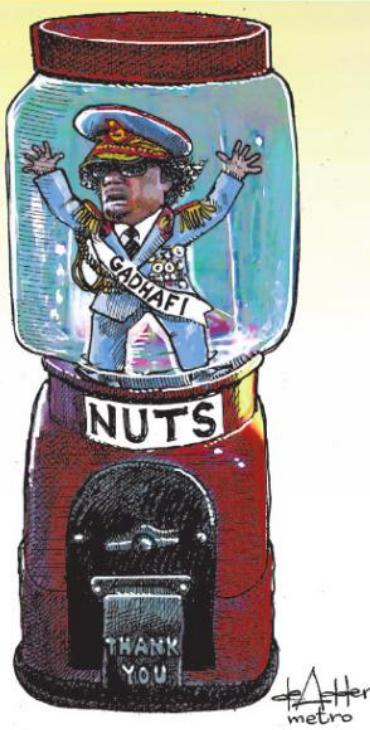
As they used to say in the tea commercials: Pity.



Read more of
Paul Sullivan's columns at
metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER



Sunscreen won't block this

Worth mentioning

Leading scientists are warning that a massive solar storm could trigger a \$2-trillion "global Katrina" that short-circuits power grids worldwide.

"Power grids, air traffic control systems and intelligent transport systems need to be looked at," Stephan Lechner, director of the European Commission Institute for Protection and Security of the Citizen, told a weekend meeting.

"This is not a matter of if, it is simply a matter of when and how big," said Jane Lubchenco, head of the U.S. National Oceanic and Atmospheric Administration.

"There will be space

Hot stuff



weather storms that are more frequent and more powerful," NOAA space scientist Joseph Kunches told the Toronto Star yesterday. "We're entering a new solar season."

Just what will be hit and how is part of what scientists are debating.

Powerful solar flares ignite a geomagnetic storm that can shoot direct cur-

rents into the power grid, Kunches explained. The domino effect could cripple transformers and special equipment that could take months or years to replace, he said.

Power grids operate with expensive "not off-the-shelf" machinery. Hence, the \$2-trillion price tag.

TORSTAR NEWS SERVICE

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Metro Minute at Zaphod Beeblebrox

Take in live music at Zaphod's. Seattle's The Head And The Heart plays Zaphod Beeblebrox tonight (27 York St. in the Market).

The folk-pop sextet's self-titled debut album will be re-released by Sub Pop Records in April, and is available for download. The band has been compared to "a folksy Beatles or Crosby Stills Nash &

Young with more instrumental force."

Ottawa bands Oceans and Hibou also appear on the bill tonight. Tickets are \$10 in advance and available online at ticketweb.ca or by phone at 1-888-222-6608.

Doors open at 8 p.m. and admission is restricted to those 19 and older.

© METRO



► Seattle's The Head And The Heart will play Zaphod Beeblebrox tonight.



Stolen Gossip



A Spanish photo agency says coveted shots of Shakira holding hands with Barcelona football player Gerard Pique that are circulating on the Internet had been stolen by a computer hacker. The agency Gtres-Online and other agencies had been planning to sell these photos to Spanish and other publications as exclusives.

Gtres-Online sales director Manuel Montero told the AP Tuesday the photos taken by paparazzi were stolen by a hacker, probably from a temporary Internet file that agencies like his use.

Montero said the shots of the couple outside a Barcelona restaurant were then downloaded onto a Shakira fan website called Shakira Gallery.

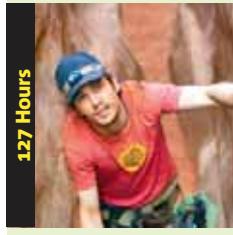
THE ASSOCIATED PRESS



No matter how celebrated the star, their first Oscar trip is unforgettable

Oscar-themed munchies and mixes make a party

► Metro's entertainment staff cooks up some apps and aperitifs for hours of speeches from the kings and queens of the acting world ► Punch up an award-winning night with a themed event

**PARTY THEME**

Want to score a TKO? Transform your Oscar party into a boxing ring — complete with robes and gloves. A punching bag may help the frustration if your film doesn't win.

Drape your castle in some Union Jack-themed bunting. Give each of your guests a microphone so they can make their own acceptance speeches.

This film may be a Western, but there's no need to keep things traditional. Forego the hay bales, but provide your guests with cowboy hats and fake sheriffs' badges.

Have your guests show up with their favourite toy or stuffed animal. Place toy soldiers strategically around the room to add a bit of whimsy.

Drop by your local Mountain Equipment Co-op and pick up some climbing ropes you can hang from your ceiling.

THE MUNCHIES

The film is set in Boston, so some piping hot clam chowder is the perfect fit. For dessert — a Boston Cream Pie. If your guests are still puckish, try some Knuckle Sandwiches.

At one point in the film, the future king was forced to place marbles in his mouth. We have a tastier option: crumpets, scones and cucumber sandwiches — without the crusts.

We recommend bison burgers to keep your guests well fed. Trail mix will satisfy their hunger as the awards show broadcast drags on longer than expected.

Serve peanut butter and jelly sandwiches with a side of animal crackers or Gummy Bears.

Power bars will keep your guests' energy levels up as the lengthy broadcast plays out.

THE MIX

Beer is the drink of choice. Try serving up some cold Samuel Adams — named after one of the Founding Fathers of the United States.

For the teetotalers, we suggest a good brew, like Earl Grey. For those who want something a little stronger, try a gin and tonic or a good whiskey.

Spoiler alert! Serve up Snakebites made from equal parts of lager and cider with a dash of blackcurrant cordial.

Give everyone a water bottle filled with their favourite spirits. They can also sip on Orange Gatorade — that James Franco craves in the film.

MORE MIX 'N MUNCHIES**INCEPTION**

► Have your guests arrive dressed like Sigmund Freud and spend the commercial breaks analyzing each other's dreams.

**WINTER'S BONE**

► Bud and Bud Lite are both from Missouri, where this Ozark-tale is set.

BLACK SWAN

► Pretend its opening night and splash open a bottle of celebratory champagne while a Tchaikovsky score plays quietly in the background to set the mood.

THE KID'S ARE ALRIGHT

► Serve Californian red wine and a meal made with organic ingredients grown locally as an homage to actor Mark Ruffalo's character in the film, who owns an organic food restaurant.

THE SOCIAL NETWORK

► Who cares about the awards, invite your friends over and Facebook all night.



Hall Pass revoked

► Crude comedy explores married couples taking sexual vacations and the consequences that come with it ► Director insists it's a morality tale

 ANNE BRODIE
SCENE@METRONEWS.CA

"We thought it was a very, very funny idea about the sacred institution of marriage. We're both married guys," says co-director Bobby Farrelly.

Filmmaking siblings Peter and Bobby Farrelly's

new R-rated comedy Hall Pass asks what would happen if married couples had sexual vacations from each other with no consequences?

It's the Farrelly's first foray into the family milieu but their signature looney, misguided, sex mad, and bodily-function crazed world view remains intact.

Owen Wilson and Jenna Fischer, along with Christine Applegate and Jason Sudeikis are on Hall Passes.

The men are ecstatic until their wives jump in, just as eager to participate.

Hijinks are too lewd and crude to repeat here, but it's a sexual free-for-all.

Applegate's character goes the farthest, hooking

up with a young guy who dumps her for being "too old."

Her punishment is Farrelly-esque.

"She crosses the line and has to pay the price. She went to places she felt she shouldn't have gone, so she needed to get a little bit of a spanking."

Farrelly says there's a



► Owen Wilson, left, with directors Bobby Farrelly and Peter Farrelly on the set of their new film Hall Pass.

strong moral code within the crudity.

"We want it to be beneath the gags. We want to have a sweet story with a nice ending so people walk out and there has been a positive story told. The big jokes and pratfalls camouflage it."

RETURNING FROM HELL FAIRLY COMMON

In Focus

RICHARD CROUSE

SCENE@METRONEWS.CA



Type in "visitor from hell" on Google and you get about 12,900,000 results in 0.17 seconds. There are ghost stories, a site for a traditional Irish band called Visitor from Hell and stories about unpleasant house guests, but I was more interested in actual visitors from hell. Celluloid demons, tortured souls and devilish characters that somehow manage to slink back from the depths of movie hell to visit us here on Earth.

Nicolas Cage, who emerged from hell in 2004's Ghost Rider, comes back from the depths for the second time this weekend in a movie called Drive Angry, playing a dearly departed father back on this mortal



► Nicolas Cage, who starred in Ghost Rider, returns this weekend in another demon-inspired flick called Drive Angry.

coil to avenge the death of his daughter. According to that movie hellions rarely escape and return to Earth, but a quick look at other hellbound films reveals a different truth.

Lots of actors have played earthbound versions of Satan. In The Private Lives of Adam and Eve, Mickey Rooney played Old Scratch as a piano play-

ing jokester in red long johns and a straw hat with horns. Tim Curry played the Devil on TV in an episode of Dinosaurs called Life in the Faust Lane and years before he became an Academy Award winning composer. Danny Elfman did a strange Cab Calloway impression of Satan in the very odd film Forbidden Zone, but the most diabolically playful Devil to hit the big screen has to be Jack Nicholson as Daryl Van Horne in The Witches of Eastwick. As a mysterious character who grants wishes to three excitement hungry widows, Nicholson made the wicked character unforgettable, but he wasn't the first choice for the role. That was Bill Murray.

Probably the most famous representation of hell on Earth came in the form of one of the devil's underlings, Pazuzu, who inhabited the body of poor little Regan (Linda Blair) in The Exorcist. The images of Blair spitting pea soup and doing a 360 head spin have become the film standard for possession.

Not all of hell's citizens are out to do us harm, however. Director Guillermo Del Toro turned his favourite comic book into two fiendishly fun action movies — Hellboy and Hellboy 2: The Golden Army — starring Ron Perlman as the World's Greatest Paranormal Investigator, a red skinned demon named Hellboy who helps mankind by bumping back against the things that go bump in the night.



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Cyrus furious over father's comments

► Miley said to be finished defending her dad's bashing of family problems

Miley Cyrus is putting a leash on her dad, Billy Ray Cyrus, as his media blitz escalates.

"When Miley found out her father was scheduled to appear on *The View* on Wednesday she went nuts," a source tells *Pople*.

"Only last week, Billy shot his mouth off in *GQ*, and now he planned to sit down with (Barbara and Whoopi) and talk more crap about his family. No way would Miley or her team let that happen."

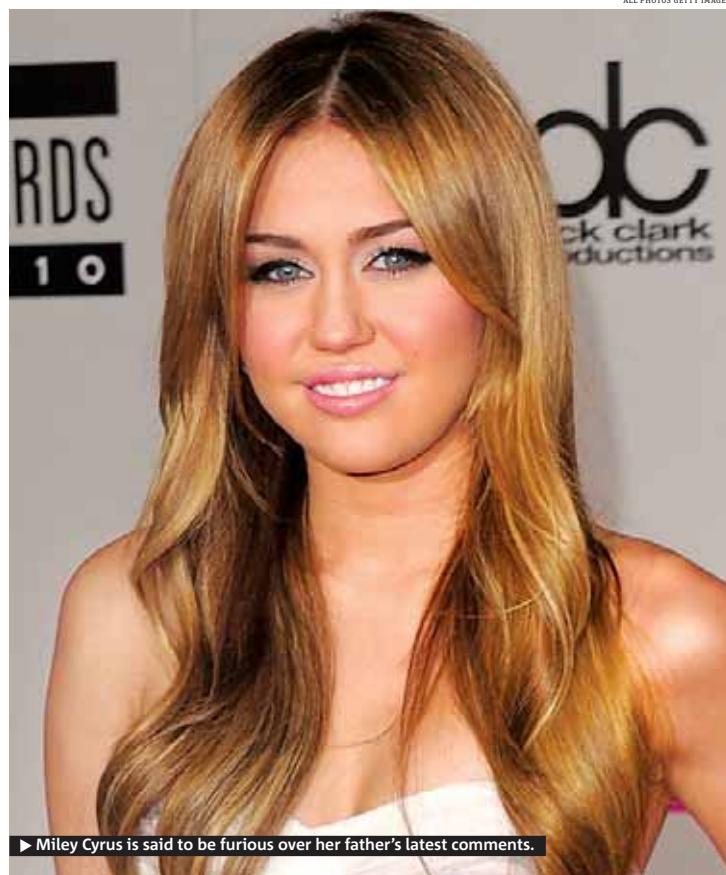
Billy Ray has used previous interviews to compare his daughter to Anna Nicole Smith and blame Disney and Hannah Montana for destroying his family.

"At first Miley defended her dad, wanting to believe he had been tricked into saying bad things by the magazine," another source says. "But after she found out about his media trip to New York, no more excuses could be made."

● METRO

"After she found out about his media trip... no more excuses could be made"

SOURCE



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Sheen hiding his new girlfriend?

Charlie Sheen was spotted back at work for the first time earlier this week, though he was only on the Two and a Half Men set for four hours before returning home, according to X17 Online.

Sheen was accompa-

nied by a new blonde girlfriend, but he's working to keep her identity a secret.

When asked by photographers for her name, he politely responded, "None of your f-ing business."

● METRO



Lainey's Oscar file

BEST ACTRESS: NATALIE PORTMAN

Winter's Bone

Portman is one of the few celebrities who can boast of a very low Erdos-Bacon score which calculates the "collaborate distance" of a person in relation to Hungarian mathematician Paul Erdos and actor Kevin Bacon. She starred with Bacon in New

York, I Love You, and co-authored a psychology paper while at Harvard.

THE 83RD ANNUAL ACADEMY AWARDS AIR LIVE SUNDAY AT 8:30 P.M. ET ON CTV.
CANADA'S OFFICIAL RED CARPET SPECIAL ETALK AT THE OSCARS AIRS ON CTV (6:30 P.M. ET), /A (6:30 P.M. ET) AND E! (8 P.M. ET). VISIT CTV.CA FOR LOCAL BROADCAST DETAILS. CTV COVERS THE OSCARS FROM EVERY ANGLE, BRINGING VIEWERS MORE THAN 15 HOURS OF OSCARS ACTION ACROSS CTV, E! AND /A.



Talking points

Lohan gets back on track

PEOPLE. Lindsay Lohan has landed her first post-rehab role, starring as a private investigator in the new film *Escaping the Game*, according to *Hollywood*.

And while Lohan has been in liability for some productions in the past few years, her new bosses aren't worried.

"We can get her insured if she is with someone who is keeping an eye on her 24/7. Lindsay and I've discussed it and she's already agreed to the condition," producer Nathan Folks says.

"She's doing great and we're going to prove to the world that she's back." ● METRO

Celebrity tweets

Russell Brand
[@rusty-rocks] I notice The Simpsons pierced my nipples, this was never discussed- is this a human rights issue? (I'm a human)

James Franco
[@james-franco] Hi everybody, here I am on Twitter! This is my FIRST tweet...

Steve Martin
[@Steve-MartinTo-Go] Through Oscar High Week, I will be tweeting the traditions of our religion. ● METRO

the texts," a source says.

"He reckons he might well be in there. They're both single, so why not?" ● METRO

► Best known as a top spot for spring break, South Padre Island has plenty of options to keep visitors active ► Great beaches go along with some of the best water sports around



Texas' tropical hidden gem: South Padre

South Padre Island is famous as a spring break destination, with concerts, bikini contests and plenty of partying by the college kids who flock here by the tens of thousands throughout March. But South Padre isn't just beaches, bars and dance parties. It's also home to a major watersports scene, with year-round surfing, kiteboarding, windsurfing and other activities.

South Padre sits on the south end of the 55-kilometre-long Padre Island, which is the longest barrier island in the world. On the ocean side of the narrow strip the island is bordered by the Gulf of Mexico, while three blocks to the west, the bay side sits on Laguna Madre Bay. South Padre Island has a small year-round population, about 5,000, but spring break and summer vacations bring a million tourists a year. March is the busiest month after the summer months, with massive events like the Coca Cola Spring Break party at the Isla Grand Beach Resort



attracting crowds of 12,000 to 18,000 college students daily for much of March.

But even spring-breakers will find plenty to do here aside from partying and lying on the beach: deep-sea fishing, parasailing, golfing, horseback riding, banana boat rides. For nature-lovers, there are more than 300 species of birds, a turtle rescue centre that offers tours and boat rides to see dolphins.

A steady airstream in spring and fall make Laguna Madre Bay a popular

place for activities that rely on wind, like kiteboarding and windsurfing. Except for a narrow shipping channel, the water is just one to 1.2 metres deep from the island most of the way across to Port Isabel on the mainland several kilometres away. The shallow, calm water on the bay side makes it easy for water-sport beginners to right themselves. Waves provide more of a challenge on the Gulf side for surfers and boarders with more experience. In March, water tem-

peratures range from 16 to 20 C, with air temperatures from 21 to 30 C. Full wetsuits aren't usually needed, though some spring breakers may pair a wetsuit shirt with bikini bottoms or shorts.

Dave Nowak, co-owner of Island Native and an avid surfer, has been in South Padre since 1980. He says he's lived in many other places, including California, but prefers the friendly, laid back surf community here.

The surf is plenty intimidating, but surfers in the water, ranging in age from 14 to 60, laugh and joke around, while shouting free pointers to newcomers.

If surfing isn't your thing try kiteboarding. It's a mash-up of windsurfing, snowboarding and hang-gliding, with your feet strapped to a board, and your torso harnessed to a giant kite as you hang onto a trapeze-like bar attached to the kite. For safety reasons, the beach is split between kiteboarders and windsurfers. **THE ASSOCIATED PRESS**

If You Go...

► **Getting There:** There are two airports nearby: Valley International Airport in Harlingen, about 70 kilometres away, and Brownsville-South Padre Island International Airport, 42 kilometres away. Most flights routed through Dallas, San Antonio or Houston.

► **Accommodation:** The island offers a variety of lodging, from hotels in every price range, to beachfront condo rentals with kitchens, perfect to share with friends or family.

► **Windsurf:** Windsurf gear and lessons; windsurftheboatyard.com/ or 956-561-4189. Rentals, \$45 a half-day, \$60 full day, lessons \$40 an hour. Make reservations and you'll be met at Windsurf Park north of town.

► **Dolphins.** The Original Dolphin Watch boat ride. theoriginaldolphinwatch.com, \$16 for adults, \$13 for children.

3
life

Travel in brief



Newfoundland and Labrador says more than 518,000 people visited the province last year.

The government says it's the first time more than 500,000 people have visited the province and it pegs the value of the visits at \$400 million.

It says since 2003, the province has more than doubled its annual spending on tourism marketing, from \$6 million to \$13 million.

The government says the tourism industry employs about 13,000 people.

THE CANADIAN PRESS



China's terracotta soldiers occupy Montreal fine arts museum in final show

Explore Ft. Lauderdale

► Check out the Everglades, mangrove swamps and Rat Pack hot spots in this Florida beach spot

Think the Greater Fort Lauderdale area is just for sunning seniors and spring breakers? No way. Whether you're there post or pre-cruise, or on an extended visit, there is lots to do in the land of yachts, beaches and year-round tans.

WHERE TO STAY

To capture the elegance of 1960s Florida, stay in one of the 204 rooms or suites at Lago Mar Resort and Club, a AAA Four Diamond hotel with 500 feet of private beach on the Atlantic Ocean and a saltwater aquarium to greet guests at the door. The onsite spa makes its own line of beauty products, while the resort grounds include a couple of pools and tennis courts. lagomar.com

WHAT TO DO

Retrace the footsteps of the Rat Pack at The Village at Gulfstream Park, an outdoor shopping village and entertainment complex in Hallandale. The complex includes a number fashion boutiques — like Claudio Milano, Lilly McKay and Martier — along with a wide selection of restaurants and bars. There is also a casino and racetrack that was frequented by Dean Martin and Sammy Davis Jr. thevillageatgulfstreampark.com

WHERE TO PLAY

Get a better look at Greater Fort Lauderdale's natural beauty with a sea-level tour of the mangrove swamps. The Blue Moon Kayak Co. offers eco-tours of John U. Lloyd State Park — home to sting rays and the Florida manatee. Paddle through



► Fort Lauderdale is more than just great beaches (but it has those too).

Flickr: Maggiejumps

the water of Whiskey Creek in Dania Beach while learning about the sea marshes. bluemoonmiami.com

WHAT TO SEE

Located just off the appropriately-named Alligator Alley, Billie Swamp Safari on

the Big Cypress Seminole Indian Reservation gets you in touch with the wilder side of Florida. Experience the Everglades firsthand on an airboat ride through the alligator-filled swamp, or travel on one of Billie's swamp buggies through an animal

reserve featuring native and exotic animals — Ostrich: Yes. Florida panther: If you're lucky.

WHERE TO EAT

Todd English's Da Campo Osteria in the Il Lugano Suite Hotel features homemade pastas and fresh mozzarella that is warmed for you table-side (dacampoosteria.com). With food prepared on a wood-burning grill, YOLO, located on trendy Las Olas Boulevard, has a garden patio perfect for year-round people watching. yolorestaurant.com

HOW TO GET AROUND
With more than 300 miles of intracoastal waterways, water-taxi.com. **METRO**

On the web

For more on Greater Fort Lauderdale, visit sunny.org

the best way to see this Venice of America is by boat. Operating between 10 a.m. to 12:30 a.m., Water Taxi offers more than just a way to get around the city. The service makes stops at a number of hotels and key intersections in the city - all with running commentary from the driver, who tells tales about the city, its personalities and multi-million dollar mansions. All-day pass, \$20. water-taxi.com. **METRO**

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Learn all about river cruising during our evening with AmaWaterways on March 3rd. Details and RSVP at caaneo.ca/events

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Travelling alone can be hard at first, but it gets easier

JOURNEY WOMAN

EVELYN HANNON
[JOURNEYWOMAN.COM](http://journeywoman.com)

I've been travelling solo for 23 years and I absolutely love it. But it wasn't always like this.

I remember my first solo journey to Europe. It was just after my divorce and I couldn't stop crying. No, it wasn't simply because my heart was broken. I know now that my sadness was all about being totally alone, without a support system.

Since that time I've worked on learning the art of solo travel. Though I still feel alone when I travel, I know that's natural because I am alone. Now I enrol in classes

Shorty Awards

► Finalist. Evelyn Hannon, @Journeywoman, was recently named a finalist for the Shorty Awards, (billed as Oscars of Twitter) in the category of travel. shortyawards.com

along the way, seek out restaurants with communal tables or use my solitude to relax and just be me.

The difference between that first solo journey and now is that I have acquired the experience and the skills that help me to deal with the 'aloneness' and to reach out for company when I need it.

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Adventurous Victoria

Flickr: Paul Mannix

► There is plenty to get you excited in B.C.'s capital city ► Whale watching, high tea, magical gardens

THE TRAVELLIN' CANADIAN

DARREN PARKMAN

TRAVEL@METRONEWS.CA



British Columbia's capital city, Victoria, is known for its regal charm and low key lifestyle, but there's a world of high-sea adventure waiting just offshore.

You can literally find yourself among orca pods, porpoises and grey whales in the morning, and still be back in time for the famous afternoon "high tea" ceremony at the historic Empress Hotel downtown.

During my three-hour

whale watching tour off Vancouver Island, I was taken aback by the sheer number of mammals just hanging out. Not long into our bumpy journey we spotted a large rock jammed with noisy fat elephant seals. Beyond that, a pod of black and white killer whales dived in and out of the freezing waters of Juan De Fuca Strait, while overhead, three bald eagles soared. Pretty majestic stuff. In the distance we even spotted a giant grey whale, or at least what we thought was the tail of a giant grey whale.

Back on dry land there was still time to visit Victoria's most famous tourist attraction: the very colourful, and very huge Butchart Gardens. You pretty much have to block out the better part of a day to navigate your



► In just a short boat ride from Victoria you can catch a glimpse of killer whales.

way through the 55 acres of rare and exotic plants and trees. People come from all over to experience what is considered the world's premier show gardens, and it isn't a free ride. It costs adults \$27 for a chance to wonder among the flora

and fauna. Still, if you're into gardens, you'd be hard pressed to find anything this impressive. I'm more a whale watching kinda guy. Seacoast Expeditions offers whale watching tours for \$95 for adults, and \$59 for kids.

Victoria sights

Other cool things to do in Victoria:

► Visit the Victoria Bug Zoo Where else can you get up close and personal with

multi-legged creatures from all over the world?

► Check out Victoria's Butterfly Gardens A 12,000 square foot enclosure houses 3,000 exotic butterflies, along with tropical ducks, Flamingos and Koi fish.



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Las Vegas	Travel Mar 22/11 - Apr 6/11
Brussels	Travel Apr 5 - Apr 13/11
London	Travel May 9 - May 16/11
New York	Travel Mar 22 - Apr 6/11
Barcelona	Travel May 6 - May 14/11
Honolulu	Travel Apr 12 - Apr 27/11
Buenos Aires	Travel Mar 23 - Apr 5/11
Johannesburg	Travel Mar 23 - Apr 6/11
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Sydney	Travel Mar 22 - Apr 5/11

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Departs Mar 8/sgn/wg.	+ taxes & fees \$340
Cancun	7 Nights 4-Star \$632*

Riviera Maya 7 Nights 4-Star \$635*	
RIU Lupitera	
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Vacations

Prague Air + 7 Nights \$948	
Ibis Wenceslas Square	
Departs Mar 5/ggv/lx.	+ taxes & fees \$434
INCLUDES accom located close to Old Town.	

Boston St Patrick's Day	
Air + 3 Nights	
Royal Sonesta Hotel	+ taxes & fees \$112
Departs Mar 16/ggv/ac.	ADD 2-day GO Boston card for \$79.

Miami Air + 3 Nights \$529	
Best Western Atlantic Beach Resort	
INCLUDES	beachfront accom along Miami Beach.
Departs Mar 7/ggv/dl.	ADD day trip to Key West for \$99.

California Air + 7-Day Car \$589	
INCLUDES air to Los Angeles, return from San Francisco and 7-day car rental with unlimited mileage. Departs May 1/ggv/dl. UPGRADE to convertible car for \$41 per day.	
Departs May 11/ggv/cx.	+ taxes & fees \$128
ADD hotel nights	\$72* taxes & fees included

Shanghai Air + 7 Nights 4-Star \$1222	
Express by Holiday Inn Zhabei	
INCLUDES	central accom close to Pudong district.
Departs May 11/ggv/cx.	+ taxes & fees \$347

South Africa Air + 12 Nights \$2189	
Cabanas, Ritz	
INCLUDES	all air, 5 nights Sun City accom and 5 nights Cape Town accom. Departs Apr 14/ggv/sa.
5 nights	+ taxes & fees \$422

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Travel must be completed by Dec 31, 2011. ^cHotel: Ana Hotel in Sapporo, depart daily Apr 1 - Apr 14/11. City Break: City of Culture, Spain, April 1-14/11. ^dRoundtrip airfare, daily rail passes, various departures. ^eIncludes Roundtrip airfare, various departures Mar - Nov/11. ^fGap + Gap Adventures, ^gIntrepid Travel, ^hGAP Adventures, ⁱIntrepid Travel, ^jInt'l Airlines (various), ^kDelta, ^lDelta Air Lines, ^mDelta, ⁿDelta, ^oDelta, ^pDelta, ^qDelta, ^rDelta, ^sDelta, ^tDelta, ^uDelta, ^vDelta, ^wDelta, ^xDelta, ^yDelta, ^zDelta, ^{aa}Delta, ^{bb}Delta, ^{cc}Delta, ^{dd}Delta, ^{ee}Delta, ^{ff}Delta, ^{gg}Delta, ^{hh}Delta, ⁱⁱDelta, ^{jj}Delta, ^{kk}Delta, ^{ll}Delta, ^{mm}Delta, ⁿⁿDelta, ^{oo}Delta, ^{pp}Delta, ^{qq}Delta, ^{rr}Delta, ^{ss}Delta, ^{tt}Delta, ^{uu}Delta, ^{vv}Delta, ^{ww}Delta, ^{xx}Delta, ^{yy}Delta, ^{zz}Delta, ^{aa}Delta, ^{bb}Delta, ^{cc}Delta, ^{dd}Delta, ^{ee}Delta, ^{ff}Delta, ^{gg}Delta, ^{hh}Delta, ⁱⁱDelta, ^{jj}Delta, ^{kk}Delta, ^{ll}Delta, ^{mm}Delta, ⁿⁿDelta, ^{oo}Delta, ^{pp}Delta, ^{qq}Delta, ^{rr}Delta, ^{ss}Delta, ^{tt}Delta, ^{uu}Delta, ^{vv}Delta, 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For little taste buds

► These recipes are great for making – and sharing – with your tiny helpers



ROSE REISMAN
FOOD@METRONEWS.CA

Spring is fast approaching, which means it's time to get ready for March Break!

It also means that it's time to dig up some great family recipes.

Not only are these children's favourites, but they are also very nutritious.

First up are my Chicken Fajitas, which are creamy and rich tasting — minus the fat of regular fajitas.

This version has plenty of vegetables, along with some light cheese and sour cream. The whole family will love them.

And for dessert, try my Peanut Butter and Jam muffins, which use natural peanut butter.

BOTH PHOTOS: ROSE REISMAN



Yields 6
Prep time:
20 min.
Cooking:
20 min.

► You can prep the filling for these Chicken Fajitas a day in advance and store it in the fridge.

Preparation:

1 Preheat oven to 425°F. Line a baking sheet with foil and lightly coat with cooking spray.

2 Lightly coat a nonstick skillet with cooking spray and place over medium-high heat. Cook chicken for about 8 minutes or until cooked and no longer pink. Let rest for 10 minutes; slice thinly. Wipe out pan.

3 Add oil to pan and brown onion and garlic, about 4 minutes. Reduce heat to medium. Stir in red pepper strips and cook until softened, about 5 minutes. Remove pan from heat. Stir in parsley or cilantro, green onions and cooked chicken.

4 Divide the mixture among the tortillas. Top with the cheese, salsa and sour cream. Roll up.

5 Place on the prepared baking sheet. Bake in the centre of the oven for 5 minutes or until the fajitas are heated through and the cheese has melted. Cut in half and serve immediately.

Ingredients:

- 8 oz skinless boneless chicken breasts (about 2 breasts)
- 2 tsp vegetable oil
- 1 1/2 cups thinly sliced white onion
- 1 1/2 tsp finely chopped garlic
- 1 1/2 cups red bell pepper, cut into strips
- 1/4 cup chopped parsley or cilantro
- 3 tbsp chopped green onions
- 6 small (6-inch) flour tortillas
- 1/2 cup shredded light cheddar cheese
- 1/3 cup medium salsa
- 1/4 cup low-fat sour cream

Peanut Butter and Jam Muffins



Ingredients:

- 3 tbsp vegetable oil
- 3/4 cup granulated sugar
- 1 large ripe banana
- 3 tbsp smooth natural peanut butter
- 1 large egg
- 2/3 cup low-fat sour cream
- 1 tsp vanilla extract
- 1 cup all-purpose flour
- 1/4 cup whole wheat flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp cinnamon
- pinch of salt
- 3 tbsp raspberry jam

2 Using an electric beater, combine oil, sugar, banana, peanut butter, egg, sour cream and vanilla in a bowl. Beat until smooth.

3 In bowl, combine both flours, baking powder, baking soda, cinnamon and salt with a spoon. Add dry ingredients to the wet ones gradually; stir until dry ingredients are moist.

4 Divide mix among the prepared muffin cups. Bake for 15 to 18 minutes, or until a tester inserted in the centre of each muffin comes out clean. Press gently in the centre of each muffin to make an indent and place jam inside.

ROSE REISMAN

Preparation:

1 Preheat oven to 350°F. Coat a 12-cup muffin tin with cooking spray.

THE BEAR
106.9

OTTAWA'S BEST ROCK

WE'RE BACK



'Diddy did my show!'

► How the Internet helped one young entrepreneur connect with the biggest man in music

 PAT HEALY
LIFE@METRONEWS.CA

Chris Gethard is a testament to the potential of new media.

At 2:30 in the morning on Christmas Eve of 2009, the actor and comedian made an amateur YouTube video, pleading with rap mogul Sean "Diddy" Combs to make an appearance at The Chris Gethard Show, a live variety night at the 170-seat UCB Theatre in New York.

"I wanna live in a world where something like that is possible," he said on the video. And last month, Diddy did the show.

"We spent 13 months trying to get Diddy to do the show," said Gethard, just a few days after Combs' appearance.

"He said he would do it after only the first month of tweeting, and then it took well over a year after that for him to actually appear. ... So it had been

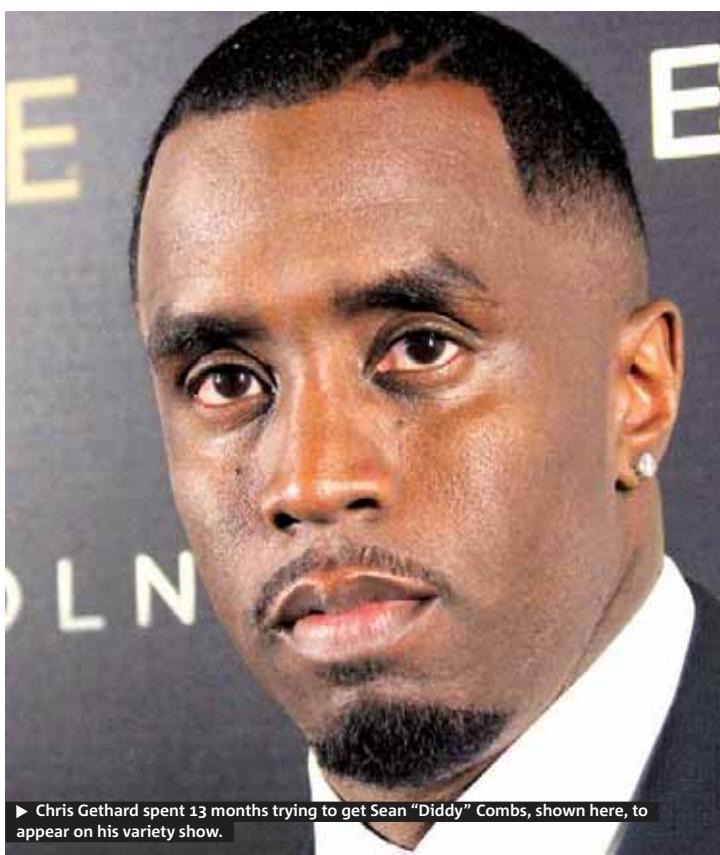
come this sort of monumental thing in my life. When it was actually happening it was this insane adrenaline rush."

Gethard has had ups and downs in his profession, including a stint on Comedy Central. At one point during Diddy's guest spot, Gethard asked him about how to make it in show business.

"He was so charismatic and so cool," said Gethard. "And it just made you realize, 'Oh, this is why this guy has had so much success. ... He knows how to just step up to the plate and deliver.'"

Diddy's advice seems to have given him a renewed belief that you can make anything happen if you believe in yourself and use the technical tools we have at our fingertips.

"That's one of the things that the Internet has come to represent more and more for me," said Gethard. "I think it expands what the world is and what the world can be."



► Chris Gethard spent 13 months trying to get Sean "Diddy" Combs, shown here, to appear on his variety show.

GETTY IMAGES

Future guests?

► Why Diddy?

"Initially it was Al Roker, and that was a joke, and he turned me down," said Gethard about his first campaign for a celebrity guest. "But what I saw was that all these people got behind it and all these people online saw what we were going for and supported it. And I was like, 'We might actually have a method at our disposal that I was kind of using as a joke.' So I thought, 'Who is someone that should be really untalatable?'"

► So who's next?

"The person I would really want to interview would be Morrissey from The Smiths. He's my favourite singer, but he's not a Twitter guy. I'm also obsessed with the New York Knicks, so if anybody wants to help me get Amar'e Stoudemire I would not hold back on that either."

Resumé wrong-turns

► Skip the PDFs and the Word documents, and always remember to prioritize projects over poetry

 DREW HINSHAW
LIFE@METRONEWS.CA

The look, feel and font of the day's standard résumé has changed as frequently as the screens we peruse them on, and yet "people are still making the same résumé mistakes," laments Blue Skies Résumé President Louise Fletcher.

"The number one problem people have," she explains, "is what they think their résumé is."

"They approach it as a place to list every company they've worked at, when actually they should think of it as an advertisement."

"Not being concise enough is a huge problem," concurs certified résumé writer Laura Smith-Proulx.

And not just because you could over-share your way out of an interview.

"If you have every job you've had on there since 1979," she warns, "you're opening yourself up to age bias."

In the new millennium of smart phones and instant-resumé scanners, there's only one form of discrimination worse than age bias – pdf bias.

"Never send a Word or pdf copy unless it's specifically requested," cautions Margaret Riley Dikel, author of the Guide to Internet Job Searching.

Assume, she counters, that the bigwig making

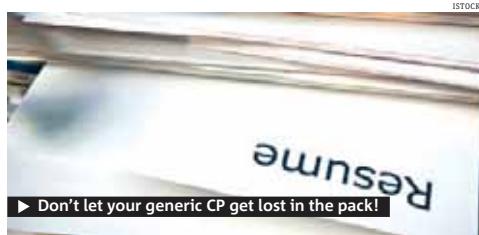
the hires is breezing through the company inbox on a BlackBerry.

Show Your Math

Unless you're angling for a stint as a cliché writer, don't bother thesaurus-digging for synonyms for "self-motivated."

When it comes to speed-reading résumés, Proulx notes, the powers-that-hire want to see math, not language arts.

"Use metrics to back up what you've done," she says. "If you worked on a great project, tell me what you did."



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Do contracts really matter or are they irrelevant? In the often confusing world of workplace law, why are some agreements upheld, while many others are simply overlooked?

The answer depends on the purpose that the contract is meant to serve.

Independent contractor agreements: It usually will not matter that workers have signed agreements confirming that they are not employees.

When this characterization is challenged, sometimes years later, courts and tribunals are apt to find the workers were truly employees. No surprise there. The real test is not what a contract says but how the parties behave.

Post-employment restrictions: Many contracts contain broad restrictions preventing workers from competing with their former employers or soliciting

their old clients following their departure. Courts easily strike many of these "agreements" down.

This is because employers often take a kitchen sink approach to drafting employment contracts. They bargain for excessive protection, no matter how junior or administrative the employee. However, in seeking such protection, they sometimes get none at all.



any steps to address it.

As a result, it argued, it was the employee who had breached the employment relationship, not the harasser. The court easily dismissed this notion.

Although terms in a policy manual can sometimes operate as conditions of an employee's job, those terms must be reasonable or they will not be upheld.

Termination clauses: Similarly, contractual language surrounding termination is often challenged.

This is because even without a contract, there is an implied right to reasonable treatment upon termination. Why would anyone agree to anything less?

Seldom do employees negotiate contracts on the same footing as their employer. Therefore, courts have developed a number of tests. If the contract is ambiguous, fails to respect statutory standards or is executed under duress, it will be set aside.


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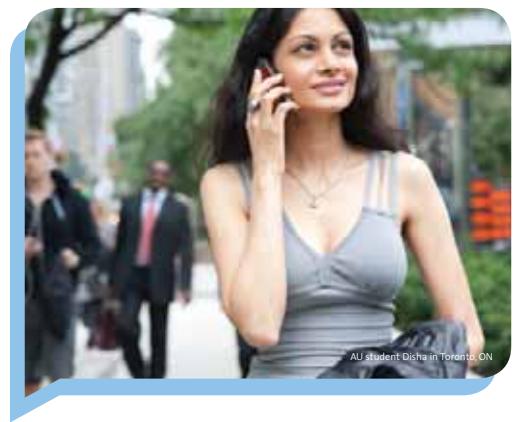
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It pays to protect planet Earth

► Secondary school students enjoying a new \$50,000 computer lab thanks to their eco-friendly efforts



► Staples Canada contributed the contest's grand prize.

Students at Dover Bay Secondary School in Nanaimo, B.C. are celebrating their achievement in environmental responsibility with the installation of a \$50,000

computer lab, the grand prize in a nationwide Staples Canada essay contest.

Last year every publicly funded elementary, middle and secondary school in Canada was invited to

submit a 500-word essay for the Recycle For Education Computer Lab Contest, hosted by Staples Canada. Judges were looking for creativity, scope, and the steps taken to make the school more eco-responsible with measurable results.

"Providing the results was important and so was the genuine school spirit when it came to energy savings, recycling, and environmental protection," says Staples Canada president, Steve Matyas. "Best practises included activities like collecting rain water, changing to lower wattage fluorescent bulbs, or planting a garden to grow food for cafeteria meals."

In addition to Dover Bay, the four other finalists were: W.C. Miller Collegiate in Altona, Manitoba (2nd place); Heritage Park Secondary, Mission, B.C. (3rd place); L'école secondaire publique Gisèle-Lalonde, Orleans, Ontario (4th

place); L'école secondaire Cardinal-Roy, Quebec City, Quebec (5th place). "It was inspiring to read all the essays and learn what young people are doing to protect the environment," continued Matyas.

"To have people as young as six years old (and potentially younger) think positively about protecting our earth is such a special quality to have – and we are thrilled to recognize this act of hard work."

Dover Bay claimed the grand prize computer lab for such initiatives as starting an environment club, performing a waste vs. recycling audit, and participating in environmental competitions.

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Senators preview

Panthers at Senators
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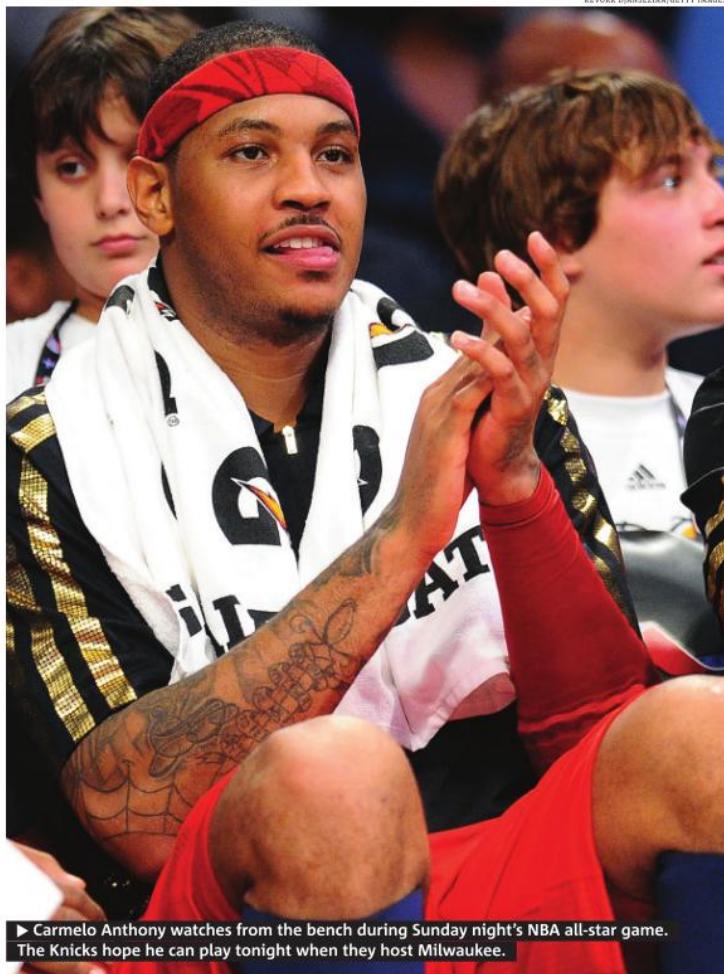
Florida (25-27-7) has been struggling, dropping three of its last four games and 12 of 16. And the games they've won have been tight victories. Florida hasn't won by more than one goal in 23 games. Goalie Tomas Vokoun has trouble with Ottawa, going 3-10-0 lifetime versus the Sens.



Ottawa (19-31-9) is looking to end its longest home winless streak in 15 years. Craig Anderson will likely be in net for the revamped Senators against one of his former teams. Anderson was strong in his Ottawa debut last week, stopping 47 shots and three more in a shootout win over Toronto. The Sens' home skid is the longest since they compiled 15 losses and two ties in 1995-'96.

THE CANADIAN PRESS

Knicks have high hopes after trade



► Carmelo Anthony watches from the bench during Sunday night's NBA all-star game. The Knicks hope he can play tonight when they host Milwaukee.

REVKOV D'ANSEZIAN/GETTY IMAGES

► 'Now we have two guys in our stable,' says coach Mike D'Antoni

The New York Knicks were searching for a second superstar when Carmelo Anthony became available.

The price was high, but they're certain he's worth it.

"When you go out hunting, would you rather have a bigger gun or a little gun?" coach Mike D'Antoni said. "We got a bigger gun."

The Knicks completed a three-team, 13-player trade with the Denver Nuggets for Anthony last night. The Minnesota Timberwolves also were involved in the trade, which was agreed to Monday but couldn't be finalized until Anthony signed his \$65-million US, three-year contract extension with the Nuggets.

Anthony joins Amare Stoudemire in the front-court, giving the Knicks the potent duo they hoped they could assemble last summer in free agency.

"We liked the way our team played this year and I looked at it and I thought we had one piece that was at the high level of the league. We always wanted two pieces, at least," team president Donnie Walsh said.

Stoudemire said the Knicks will be more dangerous with Anthony bringing his 25.2 points per game to join his 26.1 average.

"Every team needs a 1,

'It's what he wants. It's what I wanted, to come to New York and play on the big stage.'

KNICKS FORWARD AMARE STOUDEMIRE ON CARMELO ANTHONY

1A punch," Stoudemire said. "And so with the ways that we both can score ... we're very versatile, so it's hard to guard us."

Stoudemire said he had "no doubt" the all-star forwards and longtime friends could play together.

The Knicks haven't made the playoffs since 2004, but sit sixth in the Eastern Conference.

The Knicks also got guards Chauncey Billups and Anthony Carter and forwards Renaldo Balkman and Shelden Williams from Denver. New York dealt forwards Wilson Chandler and Danilo Gallinari, guard Raymond Felton, and centre Timofey Mozgov to the Nuggets.

New York also shipped centres Eddy Curry and Anthony Randolph to Minnesota for forward Corey Brewer.

Denver acquired centre Kosta Koufos from Minnesota, plus New York's first-round draft pick in 2014, second-round picks in 2012 and 2013, and cash.

THE ASSOCIATED PRESS

Opinion

KEN CAMPBELL
THE HOCKEY NEWS



MURRAY MAY STAY BEYOND THIS SEASON

If Bryan Murray is indeed a lame-duck GM for the Ottawa Senators, he isn't giving that impression to new goalie Craig Anderson's agent.

I get a 100 per cent feeling that Bryan is completely in charge," said Justin Duberman, who spoke briefly with Murray yesterday regarding an extension for the Senators' newest acquisition.

If there was any doubt that Murray is going to be part of the Senators brain trust going forward, it has been extinguished in the days leading up to the NHL's trade deadline. Perhaps Murray won't be holding down the GM title — TV analyst Pierre McGuire and Tampa Bay Lightning assistant GM Julien BriseBois have emerged as the early contenders for the job — but there's little doubt he'll continue to have a say in the team's decision-making after this season.

To trade pending unrestricted free agents such as Jarkko Ruutu and Chris Phillips would be one thing. That would simply be clearing the decks of players who wouldn't be here beyond this season anyway. But Murray has made key decisions in dealing young goalie Brian Elliott for a pending unrestricted free agent in Anderson and dealing Chris Kelly, and his cap-friendly \$2.125 million for next sea-

son, to the Boston Bruins. There's also talk of Phillips signing an extension with the Senators rather than being dealt by next Monday's trade deadline. Anderson will also be dealt with at some point in the near future.

These are not the moves of a man with a Sword of Damocles swinging over his head. If Senators owner Eugene Melnyk were intent on completely ridding the organization of Murray and his regime, why would he sign off deals that saw Kelly and Elliott leave town with no input from his possible successor?

Who knows? Perhaps Murray will be back as the GM after all, something that would be welcome news to Anderson and his agent.

"Is Craig open to signing (with the Senators) before July 1? Of course. Absolutely," Duberman said. "But there are some variables out there. As a player, you want to know the bones of the organization before you sign and we don't know what's going on with that. But I can tell you that Craig and I are confident with the group they have in place there right now. Bryan is a straight-up, no nonsense, tell-it-like-it-is guy."

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	60	39	15	3	15	198	152	84	19-9-1-2	20-7-2-1	6-3-1-0	L1
d-Tampa Bay	59	34	18	3	4	179	185	75	19-7-1-3	15-11-2-1	5-3-0-2	L3
d-Boston	59	33	19	5	15	185	144	73	17-7-1-3	5-5-0-0	W2	
Pittsburgh	61	36	20	2	3	178	147	77	20-11-1-0	16-9-1-3	4-5-0-1	L2
Washington	61	32	19	5	15	165	152	74	17-7-2-5	15-12-3-0	5-4-0-1	W2
Montreal	60	31	22	4	3	154	158	69	19-7-3-3	12-15-1-0	4-4-0-2	L3
NY Rangers	62	32	26	2	2	172	155	68	14-14-1-2	18-12-1-0	3-6-0-1	W1
Carolina	61	28	24	4	5	177	188	65	15-10-1-2	13-14-3-3	3-4-2-1	L2
Buffalo	58	27	25	6	0	166	171	60	12-15-2-0	15-10-4-0	5-4-1-0	L3
Atlanta	60	25	25	4	6	173	197	60	13-12-1-2	12-13-3-2	2-7-1-0	L3
Toronto	60	26	27	3	4	152	180	59	14-11-3-3	12-16-0-1	6-2-1-1	W1
Florida	59	25	27	3	4	155	163	57	12-11-3-3	13-16-0-1	3-5-1-1	W1
New Jersey	59	25	30	3	1	128	161	54	13-13-2-1	12-17-0-1	9-0-1-0	W7
NY Islanders	61	23	31	3	4	167	198	53	12-14-1-3	11-17-2-1	7-3-0-0	L1
Ottawa	59	19	31	5	4	132	194	47	9-16-2-3	10-15-3-1	2-6-1-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	60	38	14	5	202	142	85	121-1-4	17-9-3-1	7-3-0-0	W1	
d-Detroit	60	37	17	4	2	202	173	80	17-9-1-3	20-8-1-1	6-4-0-0	L1
d-Phoenix	61	33	19	6	3	175	169	75	15-10-2-2	18-9-3-1	8-0-0-0	W8
San Jose	61	24	21	4	2	171	157	74	15-10-2-1	19-11-2-1	8-2-0-0	W4
Nashville	60	31	21	5	3	156	143	70	14-6-4-3	17-15-1-0	4-4-1-1	L2
Calgary	61	31	22	3	5	185	175	70	18-9-1-2	13-13-2-3	7-1-1-1	W3
Los Angeles	59	32	23	2	2	165	142	68	17-9-1-3	15-14-2-1	6-1-1-2	L2
Dallas	59	31	22	2	4	164	171	68	15-7-2-3	14-14-0-1	2-7-1-0	L4
Minnesota	59	31	22	1	5	154	155	68	15-12-0-3	16-10-2-1	6-3-0-1	L1
Anaheim	60	32	24	2	2	169	178	68	17-9-0-4	15-15-2-1	6-4-0-0	L3
Chicago	60	31	23	2	4	191	169	68	18-14-0-0	13-9-3-3	5-3-0-2	W2
Columbus	59	30	23	3	3	163	175	66	15-13-2-0	15-10-3-1	6-3-1-0	W2
St. Louis	58	27	22	4	5	163	172	63	18-9-1-3	9-13-3-2	5-3-1-1	L1
Colorado	59	25	27	7	0	173	202	57	14-14-4-0	11-13-3-0	0-9-1-0	L10
Edmonton	59	19	32	1	7	150	198	46	10-17-1-3	9-15-1-3	4-6-0-0	W3

d—division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Team	Opponent	Score	Location	Date
Toronto 2, NY Islanders 1	Chicago 5, St. Louis 3		NY Islanders 5 Florida 1	
Phoenix 3 Philadelphia 2 (OT)	Washington 1 Pittsburgh 0		Atlanta 2 (London) 0 Chelsea (England) 2	
N.Y. Rangers 4 Carolina 3 (SO)	Tonight's games		Lyon (France) 1 Real Madrid (Spain) 1	
San Jose 4 Detroit 3	(All times Eastern)			
Columbus 4 Nashville 0	Atlanta at Buffalo, 7 p.m.			
Edmonton at Minnesota	Florida at Ottawa, 7 p.m.			
Colorado at St. Louis	San Jose at Pittsburgh, 7:30 p.m.			
New Jersey at Dallas	Phoenix at Tampa Bay, 7:30 p.m.			
Montreal at Vancouver	Edmonton at Colorado, 9:30 p.m.			
Mondays' results	Los Angeles at Anaheim, 10 p.m.			

LEAFS 2, ISLANDERS 1

First Period

1. Toronto, MacArthur 18 (Kulemin) 10:13
Penalties — Gunnarsson Tor (hooking) 5:33, Aulie Tor (hooking) 11:12, Lebda Tor (interference) 14:15, Bailey NYI (hooking) 17:53.

Second Period

2. N.Y. Islanders, Moulson 27 (MacDonald) 8:09 (pp)

Penalties — Komisarek Tor (holding) 8:02, Konopka NYI (cross-checking) 11:20, Toronto bench (too many men; served by Lupul) 13:19, Grabovski Tor (tripping) 19:30.

Third Period

3. Toronto, Kessel 23 15:19

Penalties — Haley NYI (unsportsmanlike, roughing), Armstrong Tor (unsportsmanlike), Hamonic NYI, Brown Tor (misconduct) 4:10.

Shots

New York 7 13 9—29

Toronto 9 11 5—25

Goal — New York: Montoya (L, P, 1-T) 10:00; Reimer (W, 9-4-2). Power plays (goals-chances) — New York: 1-6; Toronto: 0-3.

Att.—19,459 at Toronto.

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	32	45	77
Stamkos, TB	40	35	75
H.Sedin, Vcr	14	58	72
St. Louis, TB	20	49	69
Crosby, Pgh	32	34	66
Perry, Ana	30	36	66
Zetterberg, Det	17	48	65
B.Richards, Dal	24	39	63
Ovechkin, Wash	24	38	62
E.Staal, Car	27	31	58
Iginla, Cal	25	32	57
Kesler, Vcr	33	23	56
Toews, Chi	20	35	55
Eriksson, Dal	19	36	55

Not including last night's games

GAMES

CANADA GAMES

MEDAL STANDINGS

At Halifax	Province	Gold	Silver	Bronze	Total
Quebec	30	28	20	78	
Ontario	18	15	16	49	
B.C.	15	17	16	48	
Alberta	14	12	18	44	
Saskatchewan	4	3	3	10	
Manitoba	3	2	4	9	
N.B.	0	3	3	6	
N.L.	0	1	4	5	
Yukon	3	0	1	4	
Northwest Territories	1	0	1	2	
P.E.I.	1	0	0	1	
N.W.T.	0	0	0	0	
Nunavut	0	0	0	0	

SOCCER

EUROPEAN CHAMPIONS LEAGUE

Second Round

ROUND OF 16

First Leg

Yesterday's results

Copenhagen (Denmark) 0 Chelsea (England) 2 Lyon (France) 1 Real Madrid (Spain) 1

TENNIS

WTA QATAR LADIES OPEN

At Doha, Qatar

Singles

First Round

Jelena Jankovic (S) 6, Serbia, def. Fatma Al Nabhan, Oman, 6-1, 6-3.
Daniela Hantuchova, Slovakia, def. Victoria Azarenka (B), Belarus, 4-6, 6-1, 6-2.
Shahar Peer (R), Israel, def. Svetlana Kuznetsova, Russia, 6-2, 6-4.
Flavia Pennetta, Italy, def. Zheng Jie, China, 6-2, 6-2.
Peng Shuai, China, def. Kaia Kanepi, Estonia, 6-3, 6-2.
Vera Dushevina, Russia, def. Maria Jose Martinez Sanchez, Spain, 4-6, 6-1, 7-6 (1).
Dominika Cibulkova, Slovakia, def. Jarmila Groth, Australia, 6-4, 6-4, 7-6 (3).
Klara Zakopalova, Czech Republic, def. Alexandra Dulgheru, Romania, 7-6 (4), 6-2.
Sania Mirza, India, def. Bojana Jovanovski, Serbia, 6-2, 6-3.

ATP DELRAY BEACH CHAMPIONSHIPS

At Delray Beach, Fla.

Singles

First Round

Mardy Fish (2), U.S., def. Bjorn Phau, Germany, 5-0, retired.
Kevin Anderson (5), South Africa, def. Donald Young, U.S., 6-7 (5), 7-6 (4), 6-2.
Janko Tipsarevic (6), Serbia, def. Ivo Karlovic, Croatia, 7-6 (14), 7-6 (1).
Kei Nishikori, Japan, def. Brian Dabul, Argentina, 6-2, 7-6 (5).
Ivan Dodig, Croatia, def. Igor Kunitsyn, Russia, 6-4, 2-6, 6-3.
Blaz Kavcic, Slovenia, def. Michal Przysiezny, Poland, 6-1, 6-4.
Dudi Sela, Israel, def. Marinko Matosevic, Australia, 3-6, 6-1, 6-2.
P.Tsang, Col.

Healy, SA, def. Ivo Karlovic, Croatia, 7-6 (5), 6-3.

Ryan Sweeting, U.S., def. Igor Andreev, Russia, 6-2, 6-3.

Alejandro Falla, Colombia, def. Jan Hajek, Czech Republic, 6-1, 2-0, retired.

Doubles

First Round

Matthew Ebden and Sam Groth, Australia, def. James Cerretani, U.S., and Adil Shamasdin, Pickering, Ont., 6-3, 6-4.

ST. LOUIS BLUES—Recalled C Kyle Turris and D David Schlemko from San Antonio (AHL).

VANCOUVER CANUCKS—Reassigned D Yann Sauve to Manitoba (AHL).

CHARLOTTE (14)

Walcace 3-6 14-15, Diaw 6-10 3-3, 16,

K.Brown 3-6 2-3, August 8-15 5-5, 23,

Derek Dorsett off injured reserve.

DETROIT RED WINGS—Reassigned G Thomas McCollum from Grand Rapids (ECHL). Recalled G Derek Lindblad to Milwaukee (AHL). Recalled G Derek Dorsett off injured reserve.

NASHVILLE PREDATORS—Assigned G Anders Lindblad to Milwaukee (AHL). Recalled G Derek Dorsett and D Jon Blum from Milwaukee (AHL).

PHOENIX COYOTES—Recalled C Kyle Turris and D David Schlemko from San Antonio (AHL).

ST. LOUIS BLUES—Recalled D Tyson Strachan from Peoria (AHL).

CHARLOTTE (14)

Wallace 3-6 14-15, Diaw 6-10 3-3, 16,

K.Brown 3-6 2-3, August 8-15 5-5, 23,

3-Point Goals—Toronto 2-9, Weems 1-7, Ajinca 1-2, Bayless 0-1, Barbosa 0-2, Bargini 0-1,

Charlote 4-14 2-1, Wallace 0-1. Fouled Out—None. Rebounds—Toronto 47 (Bargini), Charlote 48 (Mohammed 14), Assists—Toronto 25 (Calderon 11), Charlote 25 (Diaw 9). Total

Fouls—Toronto 20, Charlote 32, Charlote 19. Technicals—Calderon, Toronto defensive three second, Charlote defensive three second. A—12,976 (19,077) at Charlotte.

*Source: NABbank 2009/10 Base: Ottawa CMA, Age 18+. 82,800 daily readers.

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE

KANSAS CITY ROYALS—Agreed to terms with RHP Blake Wood, C Manny Pinna, INF Jeff Bianchi, Of Lorenzo Cain and OF Jarrod Dyson on one-year contracts.

TEXAS RANGERS—Agreed to terms with RHP Fabio Castillo, INF Chris Davis, RHP Wilmer Font, LHP Matt Harrison, RHP Tommy Hunter, LHP Mitch Moreland and C Taylor Teagarden on one-year contracts.

NATIONAL LEAGUE

ATLANTA BRAVES—Agreed to terms with RHP Jairo Asencio, RHP Juan Abreu, RHP Brandon Beachy, RHP Erik Cordier, RHP Randall Delgado, RHP Cory Gearin, RHP Craig Kimbrel, RHP Stephen Marek, RHP Kris Medlen, RHP Anthony Varvaro, LHP Lee Hyde, LHP Mike Minor, LHP Jose Ortega, LHP Jonny Venters, INF Brooks Conrad, INF Brandon Hicks, 1B Fredy Freeman, OF Jason Heyward, OF Joe Mather, OF Jordan Schafer and OF Matt Young on one-year contracts.

HOUSTON ASTROS—Agreed to terms with LHP Fernando Abad on a one-year contract.

BASKETBALL

NBA

CHICAGO BULLS—Traded F James Johnson to Toronto for the 2011 first-round draft pick.

Toronto acquired from Miami.

SAN ANTONIO SPURS—Signed F Steve Novak to a second 10-day contract.

BASKETBALL

5 drive

By comparison

Ford Taurus
Base price: \$29,600
Sharp looks with focus on comfort. SHO model delivers lively performance.



Toyota Avalon
Base price: \$42,600
Camry-based premium four-door that strives for Lexus-like fit and finish.



Buick LaCrosse
Base price: \$33,200
Stylish, FWD/AWD sedan with thrifty four-cylinder or optional 280-hp V6.



More visibility

The slope of the 2011 Chrysler 300's windshield has been tilted back by 7.5 centimetres at the top, and the thickness of the door pillars has been reduced.

These changes, Chrysler claims, have increased outward visibility by 15 per cent. Other tweaks for 2011 include an integrated rear-deck spoiler, twin oval-shaped exhaust tips and a set of fast-acting and very bright light-emitting diode (LED) taillights.

Changes to the front

While the outside of the 300 retains the same basic shape as last year's model, the car has been treated to a new front end, including projector-style headlights and a simplified grille that actually appears less distinctive.

For any prospective customers who prefer the original egg-crate design, Chrysler can supply it or an optional mesh-style "Bentley" insert for that custom look.

Engine

The 300's specs now include a brand new 292-horsepower 3.6-litre V6 base engine that replaces the outgoing and weak-by-comparison 250-horse 3.5-litre V6 engine.

For best thrust, Chrysler's 5.7-litre "Hemi" V8 returns for 2011 with 363 horsepower and the ability to run on only four of its eight cylinders under light load conditions, which saves a bit of fuel.



► Chrysler has discovered that the details really do matter and has concentrated on sculpting rather than renovating. This 300 C (V8) is particularly elegant in black.

Chrysler's back into the luxury game



MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

Considering what has been going on at Chrysler for the last year or so, you can forgive the delayed introduction of the big and bold 300 sedan that was officially unveiled in early January at the North American International Auto Show in Detroit.

Since the automaker's takeover by Italy's Fiat organization, the designers and product planners now toiling for the reorganized Chrysler Group LLC have been busily reshaping, reinventing or rebranding just about every model in the company's lineup. And, well, that takes time.

Chrysler's flurry of activity sparked plenty of inter-

est in Detroit, but what's all the hype about? The 300 doesn't look all that different from the 2010 model, does it?

As with the rest of the Chrysler line, the big sedan has been drastically upgraded in several crucial areas, chiefly the interior and under the hood.

For a base price of \$34,400, which is unchanged from the 2010 300 (including destination costs), you can get the base Touring model. Of course there are numerous extra-cost items available that could boost the 300 C's base price well above the \$45,000 threshold.

That's true luxury-car territory where the new 300 now really and truly belongs.



► The highlight of the redesign is likely the heavily upgraded material that blends new style and new materials for an effect that's more than the sum of its parts.



► A look at the 300's wheels and rims.

Chrysler 300

What you should know about the 2011 Chrysler 300:

- Type: Four-door, rear- /all-wheel-drive full-size sedan.
- Engine (hp): 3.6-litre DOHC V6 (292); 5.7-litre OHV V8 (363).
- Transmission: Five-speed automatic.
- Market Position: Full-size sedans generate only a small percentage of auto sales, but the revamped 300 is seen as setting the tone for the brand. In that role, it projects new-found luxury and style more fitting of an upscale car.
- Points: Not as much of a statement as the outgoing 300; The interior redesign is a major step up; Standard 3.6-litre V6 packs a decent punch and is easy on gas; 5.7-litre Hemi option is fun, but you'll pay at the pump; AWD option almost mandatory for winter excursions; Chrysler is keeping the price at 2010 level.
- Stats: L/100 km (city/hwy) 12.0/7.3 (3.6, est.).

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Origami by Joseph Wu



2011 IMPREZA 2.5i CONVENIENCE

\$249 LEASE PAYMENT FOR 24 MONTHS* · **\$2,159** DOWN · **0.9%** LEASE RATE

STANDARD FEATURES:

Subaru symmetrical full-time All-Wheel Drive system • SUBARU BOXER engine, 5-speed Manual Transmission with Hill Holder system

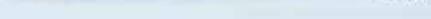
UPGRADE FEATURES ON THE 2011 IMPREZA CONVENIENCE PACKAGE

- 16-inch aluminum wheels • Advanced AM/FM/CD/MP3/WMA audio system • Voice-activated Bluetooth® hands-free system • Steering wheel-integrated hands-free and audio controls • MediaHub for iPod®/USB audio integration with Bluetooth® streaming audio • Leather-wrapped gear selector and steering wheel



2011 FORESTER 2.5X

\$379 LEASE PAYMENT FOR 36 MONTHS* · **\$1,495** DOWN · **2.9%** LEASE RATE



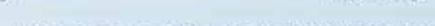
2011 LEGACY 2.5I

\$338 LEASE PAYMENT FOR 39 MONTHS* · **\$1,888** DOWN · **2.9%** LEASE RATE

STANDARD FEATURES:

- Subaru symmetrical full-time All-Wheel Drive system • SUBARU BOXER engine • 5-speed Manual Transmission (SMT) with Hill Holder system • Heated front seats; 60/40-split flat-folding rear seats • Driver and front passenger front and side-impact airbags • Vehicle Dynamics Control system and Traction Control system

- Subaru symmetrical full-time All-Wheel Drive system • SUBARU BOXER engine • 6-speed Manual Transmission (SMT) or optional Lineartronic™ CVT (Continuously Variable Transmission) • Vehicle Dynamics Control system and Traction Control system • Anti-lock Braking System with Electronic Brake force Distribution (EBD) • Heated front seats



2011 OUTBACK 2.5I CONVENIENCE

\$399 LEASE PAYMENT FOR 39 MONTHS* · **\$3,477** DOWN · **3.9%** LEASE RATE

STANDARD FEATURES:

- Subaru symmetrical full-time All-Wheel Drive system • SUBARU BOXER engine • 6-speed Manual Transmission (SMT) or optional Lineartronic™ CVT (Continuously Variable Transmission) • 17-inch aluminum alloy wheels • Voice-activated Bluetooth® hands-free system • Heated front seats • 10-way power adjustable driver's seat • Raised-profile roof rails with integrated swing-in-place crossbars

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*Ratings of "Good" are the highest rating awarded for 40-mpg (front-wheel drive), 21-mpg (all-wheel drive) and 20-mpg (rear-wheel drive) tests conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). A "Good" rating attained in all three crash tests plus a "Good" rating in new car strength testing and the availability of Electronic Stability Control (ESC). Vehicle Dynamics Control) achieves a 2011 Top Safety Pick. Based on ALG's 2010 Residual Value Award for any make/year from 2008-2010 over 2008-2010 over 2008 sales in Canada for Japanese car manufacturers, individual transmission not considered separately. MSRP of \$27,000-\$21,195/\$25,400-\$20,095 on 2011 Impreza 2.5i (FWD)/Legacy 2.5i (FWD)/Outback 2.5i (FWD/CVT). Lease for \$249-\$305/\$379-\$399 a month for 24/36/36/39 months, with \$2,100-\$1,000/\$1,495-\$1,477 down, 0.9%/2.9%/2.9% lease rate, \$2,721.96/\$2,510.07/\$2,517.06/\$4,369.51 due at signing. Option to purchase at end of lease is \$19,157/\$13,786/\$14,473/\$15,815. Advertised pricing consists of MSRP plus charges for Freight (\$10), Tax (\$10), Provincial Tax (\$10), License (\$10), Security Deposit, Merchandise (\$10), 2011 Forester 2.5X Convenience Package (\$625 OP), MSRP of \$28,095, 2011 Impreza 2.5i Sport Package 4-door (\$814 OP), MSRP of \$28,100, 2011 Legacy 2.5i Sport Package (\$811 OP), MSRP of \$27,095, 2011 Outback 2.5i Sport Package (\$811 OP), MSRP of \$31,795. Options may add or reduce price or less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Lease based on a maximum of 24,000 km per year, with excess charged at \$0.10/km. Leasing and Warranties programs available through Subaru Financial Services to TCO. Other lease and finance costs and terms available, down payment or equipment trade-in may be required. Vehicles shown solely for purposes of illustration, and may not be equipped exactly as shown. Offers available until February 28, 2011. See Subaru Outaouais for complete program details.



SUBARU

That's a lot of horsepower

► The last-generation Buick Regal delivered plenty of sauce

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

The Regal has long been the "sporty" model in Buick's lineup — and a last-generation model actually put down some pretty respectable numbers in the affordable sporty-sedan marketplace during its lifespan.

Available from 1997 to 2004, the last-gen Regal (now replaced by the new-for-2011 Regal), got a standard 3.8-litre V6 or a supercharged variant thereof, generating 200 or 240 horsepower.

The GM '3800' V6 is a simple, relatively efficient and relatively bulletproof engine — meaning it can

What's the 4-1-1?

- Model: 1997 to 2004 Buick Regal
- Vehicle Type: Sedan
- Approximate used price range: \$1,000 to \$8,000

be expected to perform without issue for years. All Regal models got a four-speed automatic transmission and drove the front wheels.

For an affordable car, the last-gen Regal delivered plenty of sauce.

Shoppers should note that the Regal "GS" got the supercharged engine, which will provide grin-inducing acceleration and make quick work of most Camrys and Accords at stop lights — though the up-level engine will consume more fuel and cost more to insure. The Regal LS with the standard en-



► 2002 Buick Regal

gine is a more modest choice for some.

This five-seat sedan boasted features like automatic climate control, heated power seats, a sunroof, power accessories and an available "Monsoon" premium audio system.

What Owners Like

Performance and fuel

mileage with either engine are typically highly-rated Regal attributes, as are the vehicle's looks, comfort levels and overall level of classiness.

What Owners Hate

Some cheap interior trimming and premature wear of some of Regal's interior surfaces are common gripes. Some owners wish

for 'tighter' handling to match the engine performance, too.

Common Issues:

Though robust, the GM 3800 engine line was known for a short list of issues — including coolant leak in the intake system and bad manifold gaskets.

A GM-trained mechanic should be comfortable

checking for these issues.

Wiring and sensor related issues may also cause driveability issues evidenced by sporadic power delivery, a rough idle or uneven acceleration.

Note that the majority of these issues are typically sensor related and not mechanical in nature.

Have the machine you're considering 'scanned' for any check-engine lights or trouble codes, which could indicate a problem.

If visiting a mechanic's shop ahead of your purchase, request an inspection for coolant, oil or transmission fluid leaks beneath the car, too.

The Verdict

A healthy and well-maintained used Regal should prove an affordable, comfortable, sporty and easy-to-maintain sedan.

The available supercharged engine in the Regal GS will also help connect with modern-day muscle-sedan enthusiasts, too.



Retire your ride before time runs out.

Retire Your Ride rewards Canadians for recycling their older polluting vehicles — but the program ends **March 31st**. Don't miss your chance to get cash, transit passes or more. If your vehicle's model year is 1995 or older, visit [RetireYourRide.ca](#) or call 1-877-PRE-1996 today.

TRANSFORMING CHRYSLER

Auto Pilot

MIKE GOETZ
DRIVE@METRONEWS.CA



If you're rooting for Chrysler, you have to be thrilled that Sergio Marchionne is heading up the automaker, as well as its parent company, Fiat.

Not only has Marchionne successfully orchestrated a turnaround at Fiat, and is making great headway on Chrysler, he's also quirky. What a bonus!

And to make sure everyone understands he is cut from a different cloth, he dresses the part. No white shirt, tie and business suit for Marchionne; wherever

he goes you find him sporting a nice black sweater and a nice pair of black slacks.

The clothes match his public persona, which I would call "laid back intense."

While always calm, confident and clear speaking in public forums, you get the impression that when released from the burden of appearing tactful, like when in private discourse with colleagues, he might be even more clear speaking, as in, not mincing words at all.

He's rumoured to be temperamental and impatient on occasion with certain "not with the program" co-workers.

But other co-workers have nothing but praise and admiration for him, including fellow "half-Canadian" Ralph Gilles.

Gilles is the CEO for the entire Dodge brand, as well as Chrysler's design chief. Soon after he was born in New York, his family moved to Montreal where he lived until being accepted by Detroit's College for Creative Studies.

The Italian-born Marchionne immigrated to Toronto with his parents when he was 14. He went on to complete undergraduate studies at the University of Toronto, an MBA at

the University of Windsor, and a law degree from York University's Osgoode Hall.

Marchionne is well known for his prodigious work load, often logging 14-to-18-hour days, seven days a week.

Commenting on this output, Gilles once remarked, "Sergio invented an eighth working day."

Others have noted that Marchionne seems only to sleep when he is jetting between Detroit and his "other" job in Italy, which is overseeing Fiat, and its illustrious stable of marques (Ferrari, Maserati, Alfa Romeo, Lancia, etc.).

In a recent speech at the Automotive News World Congress, Gilles noted the new "matrix" management structure that Marchionne introduced into Chrysler.

The Top 4 executives each have two jobs: CEO of one of the brands (Chrysler, Dodge, Jeep, Ram), and one that encompasses the entire company (design chief, marketing chief, sales chief, international operations chief).

"We call it a Mexican standoff... We can't screw each other."

But Gilles noted that Marchionne's greatest contribution was instilling a new "can do" attitude: "You just can't tell us it can't be done anymore."

A **BREAK**THROUGH **YEAR**



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CANADA'S NEWEST SHOWROOM



Crossword**Across**

1 Writer Kingsley
5 Hot tub
8 Adam and Eve's son
12 Dog owner's chore
13 Work unit
14 Burning heap
15 High score in darts
17 Ogler's look
18 Apportion
19 Kitchen rack fillers
21 "Memory" musical
24 Greek vowel
25 Hoist
28 Beams of light
30 Agree silently
33 — Khan
34 "Likewise"
35 Rotation duration
36 Thither
37 Fine
38 Information unit
39 "—Kapital"
41 Christmas refrain
43 Father Time's prop
46 Festive parties
50 Exile isle
51 "Who Wants to Be a Millionaire" lifeline chart
54 Gridiron terminus
55 Bikini half
56 Great Lake
57 Shrek is one
58 Stitch
59 Timetable, for short

Down

"Mamma Mia" group
2 Manhandle
3 "do for now"
4 Cheap merchandise

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15				16					17			
18					19	20						
25	26	27		28	29				30	31	32	
33			34						35			
36			37					38				
	39	40		41		42						
43	44			45	46			47	48	49		
50				51	52	53						
54				55			56					
57				58			59					

5 Witness
6 Crowbar
7 Census statistics
8 Gymnastic maneuver
9 Something superficially attractive
10 Genealogy chart
11 Divorce settlement portion
16 Depot (Abbr.)
20 Mexican money
22 "Star —"
23 Beelzebub
25 Funny Leno
26 Back when

27 Wonka creation
29 Vacillate
31 Feedbag morsel
32 Coloring agent
34 Slam-dance
38 Trumpet sounds
40 "... of Two Cities"
42 Early bird?
43 Lily variety
44 Stop up
45 Recedes
47 Caprice
48 "... baked in —"
49 Molt
52 Exist
53 Uncivilized

► Yesterday's answer

R	A	M	S	B	R	A	Z	I	T	I	
I	D	E	A	E	A	T	E	D	E	N	
M	O	N	U	M	E	N	T	P	L	A	N
C	O	P	O	C	H	E	R	S			
C	A	M	E	O	G	R	A	Y			
H	U	E	S	M	O	N	T	R	E	A	L
E	T	A	F	A	T	E	S	U	S	A	
M	O	N	A	R	C	H	F	R	A	T	
B	A	R	S	E	L	O	P	E			
P	A	P	A	Y	A	G	O				
E	P	I	C	M	O	N	R	A	I	T	
E	S	A	E	V	E	I	L	K	S		
R	E	F	S	S	A	W	D	E	E	D	

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Aries March 21-April 20 As of today, you will be back in command and eager to make up for lost time. But don't be so eager that you neglect to use your brain. Energy can take you only so far.

Taurus April 21-May 21 If you say the wrong thing today there is a real possibility that you will make an enemy of someone who has the power to cause you serious trouble. You are entitled to your opinions, but don't be so blunt!

Gemini May 22-June 21 If you want to move up in the world, start thinking about how you can accomplish it. Don't limit your thinking to past experiences, because you can create new experiences.

Cancer June 22-July 22 Mars, planet of energy, moves into one of the best areas of your chart today, so don't hold back. Be active, be ambitious and be adventurous. All things are possible, but you've got to believe in yourself.

Leo July 23-Aug. 23 Make sure you get paid the going rate for whatever task it is you are required to do today. Others will sell you short, but only if you let your guard down.

Virgo Aug. 24-Sept. 22 Now that Mars is moving into your opposite sign of Pisces, you must be careful how you relate to people in your personal life and at work. Try not to be too aggressive or they will be even more aggressive in return.

Libra Sept. 23-Oct. 23 Even if you are the kind of Libra who does not much like crowds, you'll want to be out and mixing with people today. New social contacts could soon be business contacts, too.

Scorpio Oct. 24-Nov. 22 Mars, your co-ruler, moves into the most decisive and dynamic area of your chart today. You will be even more ambitious and assertive than usual.

Sagittarius Nov. 23-Dec. 21 You must not let your emotions get the better of you. When dealing with family and friends resist the temptation to lay down the law because it will only make matters worse. Find gentle ways to persuade them.

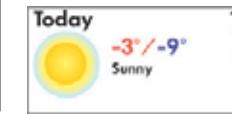
Capricorn Dec. 22-Jan. 20 You talk a good fight but how are you when it comes to getting down and dirty? As Mars moves in your favour today, you won't hesitate to back up your words with action.

Aquarius Jan. 21-Feb. 18 Mars moves out of your birth sign today, but that does not mean you will be less energetic than you have been in recent weeks. You will, however, need to focus your efforts.

Pisces Feb. 19-March 20 This is going to be an extremely busy, and potentially extraordinary, time for you. With Mars, planet of ambition, joining the Sun and Mercury in your sign today you won't lack for self-belief. **SALLY BROMPTON**

Sudoku

8						6	2	3			
			1			7	5	8			
9				3					6		
					2		5	3			
			7				6				
5	3				8				4	5	
	7					4			5		
	4	5			6			1			
6	9	1							2		

Yesterday's answer

Today -3°/-9°
Sunny

Thursday Flurries
60%

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my bubbly brister!! You are the love of my life and always will be! Thank you for being perfect in absolutely every way! Ps, I have a big surprise for you!
LOVE, JOEY

My Beautiful Brigitte. I want to be the run in your pantyhose, but just know that I will never run out on you. With never ending love, Your Man of the Month, **JE XOX**

Stupid Grin, I sometimes can not believe one kiss three years ago would have changed my life. I loved you three years ago but I'm so glad that kiss happened. Thank you for being in my life I enjoy every minute we have together. **LOVE P.S.**

Nate, Good luck on your studies. I'll always be here supporting and loving you. Yours always, **EMILY**

Caption contest

"These one-arm forearm push-ups are a pain!"
JAMIE COOK

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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